

Happy, Hearty Breakfast and Snacks

**Michele Deogracias Cruz
with Pacita Rueda Cruz &
Danilo Rueda Cruz**



A Visual Step-by-Step Home-Cooking of Contemporary Breakfast,
Snacks & Easy Baked Dishes Filipino Grownups & Kids Love to Eat



There are simply lots of food you can introduce to your kid's diet early in your home-cooking to help them appreciate the fact that food is not only a source of energy or nutrition for the body but can be a source of life's pleasures. The flavor, taste, aroma and visual appeal of food are simple joys to be celebrated and shared with families and other people.

Michele Cruz & Mommy Pacita Cruz

At 78, she still maintains a regal bearing and beauty due to a very good breakfast and dinner habits – heavy breakfast in the morning but light dinner in the evening among other things.



Inside Front Cover Design by Danny & Michelle

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BOOK II



To: _____

From: _____

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Contemporary Breakfast, Snacks & Easy Baked
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Preface

In 2011, with my wife Michelle and my mom, Pacita Rueda Cruz, we embarked on a journey to write our favorite Filipino dishes to share with others. Little did I know that we will revisit these two cookbooks a decade later: *Happy, Hearty Breakfast and Snacks & Moms and Lolas' Culinary Gifts to Their Sons, Daughters & Grandchildren*.

These two cookbooks resulted from our family's vision of passing on our Filipino dishes to the new generation of cook wannabes.

Our mom is turning into her '90s and still going strong. Mic and I are busy fine-tuning empanadas and hopia on the side while eking a living and writing in Daly City.

I graduated in 2020 with a Doctor of Communication from the University of the Philippines, Open University.

Time flies fast, and since we wrote the two cookbooks, we only have a Microsoft Word app to write these two books, which we finally converted into an Adobe PDF file. We can jump directly to these PDFs and edit everything in one sitting. The only regret with revisiting the two cookbooks is that back then, we couldn't remove the background* and focus the readers' attention on the plate and the dish alone like in the picture we are showing below. We wish we could edit the hundreds of images in these two cookbooks for aesthetic reasons. Unfortunately, we don't have the time to do this.

*(search for **remove background** and click their [free portal](#) to upload your image)



I wish to write three technical papers for journal submission this year. One of these papers is about the inspiration from the book students wrote in the 2015 CornellX Massive Open Online Course (MOOC): *Reclaiming Broken Places: Introduction to Civic Ecology*. This book - *Civic Ecology: Stories about love of life, love of place* (Krasny, M. E. & Snyder, K., 2016), Professor Marianne Krasny then wrote in the Preface- One student in our MOOC stood out. He was Danny Rueda Cruz One day during the course, he asked if we could produce a "coffee table" book of the MOOC students' stories of reclaiming broken places.... This eBook is the result of Danny's vision. I applaud Danny and my co-editor and book designer, Kim Snyder — without their vision and determination over many months, this book would not have come to fruition.

Truth to tell, these two cookbooks, which we wrote back in 2011, are the catalyst for suggesting a book in 2016, as Professor Krasny described above.

We also thank those who continually contribute to improvising Filipino cuisine.

Finally, we thank the many readers who inspire us to pass along our Filipino legacy of fine cooking from our homes to their homes.

Danilo Rueda Cruz, San Francisco City, California
February 21, 2023

Krasny, M. E. and Snyder, K. (2016.) *Civic Ecology: Stories about love of life, love of place*. Cornell University Civic Ecology Lab. Ithaca NY.

Authors' Note

We have split our initial book into two -- initially the breakfast and snacks section was relegated at the back of our debut cookbook, MOMS AND LOLAS' CULINARY GIFTS TO THEIR SONS, DAUGHTERS & GRANDCHILDREN: A VISUAL STEP-BY-STEP HOME-COOKING OF CONTEMPORARY DISHES FILIPINOS LOVE TO EAT, but the importance of breakfast and snacks for Filipino families made us decide to bring it to life in a totally different book. Nevertheless, it will be a great idea to chop our debut work into two and allow readers to focus on the type of meals they want to prepare for their family according to day-part.

Michele and Mommy Pacita just love snacking around whenever they are together at home or out shopping. As a result, all the recipes here were put together in the hope that we can all share these easy step-by-step preparation of Filipino breakfast fare and snacks or *merienda* (*merienda* is a Spanish term to denote an in-between meals we always tell other people as excuse for an office chit-chat or whenever guests arrive in our house announced or unannounced in the morning or afternoon).

Note that in writing the present book, we used the pronoun "I" to tell readers about Michele's life with her mom who passed away in 2002 and for whom the present cookbook is affectionately dedicated. Other times we used the collective pronoun "we" to tell readers about our cooking experiences together whenever the two of us are vacationing in the beautiful cities of San Francisco and Daly City.

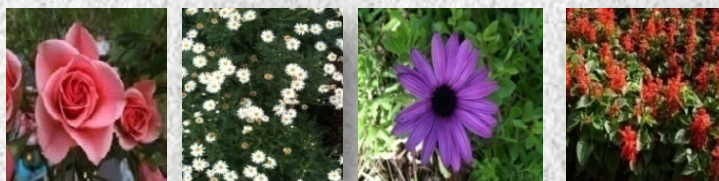
Some of the recipes dished out in this cook book are adapted from the many cooking lessons I attended in the past and cookbooks Danny and I so passionately read and collected through the years. Majority are also

collaborations with Mommy Pacita, the result of my intent to get inside my mother-in-law's head to help me understand the many favorite dishes Danny yearns for whenever we both are deciding on what to eat for breakfast or when we simply wanted to snack around in between meals.

Most of the techniques imparted by Mommy Pacita to me are simple and easy that any first time home cook can master in no time at all. This means you can serve unfailingly delicious meals to your family every day. Simple is always better....

Our wish is for you to enjoy preparing hearty breakfast for your family and see their happy faces in the morning which is priceless! Your kids will be healthy too not having to skip the most important meal of the day. Later on when all grown up, your kids will remember happy memories of breakfast and snacks shared with you which hopefully in the future will be replicated with their own families as well.

You may also set-up the breakfast table with fresh flowers either bought from the market or picked from your personal garden. This will add color and brighten the breakfast or snack time shared with the family. The happy and hearty breakfast fares in this cookbook plus fresh flowers everyday with the precious time spent with your family every morning will be simply priceless! Cheers!



Dedications

To my mom who had the strength of both a father and a mother folded into one.

To all my brothers and sisters who helped me become a better person.

Michele Deogracias Cruz

and especially

To all moms in their homes, in search of food to prepare day in and day out;

To Robert Kuan, founder and former owner of Chowking Food Corporation, for being a great leader of people. His love of books and learning is truly worth emulating;

To Marina Maweni, our proud Igorot friend for giving us insights on the life and cuisine of Baguio City;

To all my colleagues in the culinary schools in Baguio City for the wonderful, mouth-watering death-by-chocolate truffles, torte, gateaux, panna cotta, other desserts and baked dishes we happily concocted and ate;

To all my culinary teachers, mentors and facilitators who more than teach but inspire and facilitate learning;

To all people in the food industry, all the time providing smiles and warm feelings to their customers after a hearty meal.

To the beautiful city of Baguio, where the idea of writing our cookbooks was inspired by its friendly people, the cool weather and its fruits and vegetables.

Acknowledgements

My thanks to my husband, Danny for all the research he made at the Baguio Public Library.

To my co-author, Mommy Pacita who inspired us both, Danny and I to always do our best, to pray unceasingly, and to reach out for our goals in life all the time.

To all the chefs and cooks who have given me invaluable techniques in cooking learned during the various food seminars and hands-on demonstration of culinary techniques attended.

To all the culinary teachers in Baguio city who tirelessly mentor their students on the basics of culinary arts so they can one day become excellent chefs, cooks, entrepreneurs and even good housewives.

My thanks too, to the support given by Danny's side of the family -- Art Cruz, Tong Cruz and Baby-Lyn Abad Cruz.

Likewise, without the following in mind I could have easily given up completing this wonderful cookbook on Filipino breakfasts, snacks and merienda:

It is my deepest wish to help the –

MOTHERS who can always pave the way for teaching their kids at a young age to see food not only as a nutrition or fuel for the body, but one of life's pleasures and gifts to be acknowledged all throughout their lives and to be hand over to the succeeding generation.

CHILDREN, to see with curious eyes while their mothers are cooking in the kitchen and hopefully soon enough to cook along with their moms and farther down the road to cook for their moms, families and even in their own restaurant. Many contemporary chefs nowadays attribute their first laboratory as their home kitchen and their parents and grand-parents as their first mentors in cooking.

HOMES OR FAMILIES WANTING to train their caring house-helps to cook the way moms like it done.

CAREGIVERS and nannies who want to surprise kids and elderlies under their care for a delicious and healthy afternoon snacks;

ANYONE who would like a basic know-how of Filipino cooking;

Lastly, the people who simply would like to connect with loved ones through home cooking.

September 25, 2011

Michele Deogracias-Cruz with
Pacita Rueda Cruz and Danilo Rueda Cruz

Introduction

How this Book Came About

This is part two of the visual step-by-step cookbooks I worked on with my husband and mother-in-law which started with the Filipino main courses (main entrees) and now progressed to the breakfast and snacks entrees to give you a wider day meal selections to plan and choose from everyday. There are a lot of good reasons why we all wrote this book and why you should start preparing and cooking them too.

Memory of Breakfast

Memory of a breakfast scene with my mom brings me to that time when I was just starting formal school. Looking back, it was actually a funny experience. I remember my mom giving me a hearty breakfast of two boiled eggs and one banana one morning I was about to take an exam at school. This is in addition to the milk and fried rice with longanisa hamonado (sweet and spicy local sausage) that I loved way back then. I distinctly remember her telling me that this will give me a 100 percent mark in my test as the banana stands for the number 1 and the two eggs represent two zeros, hence 100.

Whether true or not, it paid well as I graduated from elementary top of the class. But of course, that kind of breakfast is just one of too many which my mom prepared for me when I was a kid.

The Perils of a Bad Breakfast Habit

However, as I grew up and joined the working population struggling to make it big in metropolitan Manila, and being away from my first family who did most of the cooking anyway, my breakfast habits deteriorated. Most often than not, I completely forego or just eat a breakfast which only consisted of a cup of coffee and 1 piece of bread with or without spread. Due to the hurried lifestyle brought about by the demands of city living, this breakfast ensemble routine is just to put something in my stomach to avoid having the much dreaded ulcer. Most often than not, I ended up very hungry during the day which I then try to overcompensate during lunch and dinner resulting to some unwanted weight gain. Not only that, this also led to other health problems and mostly unproductive days due to difficulty in jumpstarting the day right with the momentum needed.

Why Eat a Proper Breakfast

Breakfast is the most important meal of the day. An empty stomach slows down brain's processing time and reaction time as I remember experiencing during my corporate life – the importance of breakfast specially highlighted when doing presentations to top management, a critical time when you need your quick wit and your entire sharp and focused mind. The same is true during meetings and seminars with managers and staff. As observed, people become restless and unproductive with their discussions and interactions when they did not have a full breakfast or are hungry in between.

A good breakfast also sets the tone for the day especially for the kids who are very active and expend a lot of energy for learning and play, for the teens who will face the demands of schooling and for all the adults who will be facing head on at the start of each day the stresses of daily living whether at home, office, or in the streets of the city.

The Road Back to Good Breakfast Habit

The day I got married and started living with Danny, my husband and co-author began my change in my breakfast habits since Danny is essentially a good breakfast eater. He cannot simply start the day without partaking of a hearty breakfast that will make him last the day. With both our work and school juggled together, this exacts a very high demand not only physically but more so mentally and therefore breakfast for us is the most important meal of the day.

Likewise, in the US when we were there and stayed with my Mommy Pacita, my mother-in-law who is also a co-author and inspiration for this book, I got to appreciate the health buffs' creed - "For breakfast, eat like a king...for supper, eat like a pauper". Mommy Pacita is a testament to this. At 78, she still maintains a regal bearing and beauty due to a very good breakfast and dinner habits – heavy breakfast in the morning but light dinner in the evening among other things.

Snacks can Spread your Productivity Further Too!

Snacks likewise are an important part of the day's meal. Did you know that eating more frequently but in small portions is better than three square meals a day? That is according to the health experts and weight watchers. Hence the importance of having snacks in the right portion in between meals. Furthermore, having snacks in between meals at the right time will stretch your productivity level until the next meal comes along.

Why Then This Book

As you realize the importance of partaking a good breakfast and snacks, we would like to help you prepare for these hearty meals that could give yourself and your family the so called energy head start that they need every day. This way, everyone becomes happy. Hence, the title, HAPPY, HEARTY BREAKFAST AND SNACKS!

Kitchen Tested Personal Favorites

All recipes here are all our personal favorites and have become a part of our culinary repertoire whenever we choose to dine at home. These recipes have also been kitchen-tested again to guarantee that whatever you see in the cookbook will be easy to follow. It is by no means a complete set of the Filipino breakfast and snacks but we believe it is a good collection of breakfast and snacks entrees to choose from which not only appeal to adults but also to kids.



1. Toast the buttered bread on both sides. Set aside



2. Heat a little oil in a non-stick pan and pour the beaten egg. Place generous portion or fillings of mushroom, cheese and sausage on one side of the egg.



3. Allow to set for a minute. Using a spatula fold over the other edge to the side with the fillings.

Moreover, some dishes included in this cookbook are not exclusively of Filipino origin but since they are favorites of contemporary Filipinos, young and old, like recipes on creating pizza and pasta dishes, we have decided to include these just the same. Some select recipes or menus were also adaptations from other good cooks and chefs who in one way or another inspired us.

Preparing Breakfast and Snacks is Fun

Breakfast and snacks are simple and easy to prepare. Did you know that you can cook pizza even if you do not have an oven? What about spaghetti without tomato sauce or meat? What about making use of those old breads and turn them into classy French toast or fried sandwich rolled into Japanese bread crumbs? What about eggs? Did you know that there are a lot of things you can do with eggs? Eggs can be made into omelets, Scotch eggs (See page 143), eggs Benedict, egg frittata, hard cooked egg, egg sandwich and is an important ingredient for pancakes and the Filipino favorite – fried rice.

The Gustatory Wonders of Fried Rice

No one can refuse in the morning the appeal of freshly cooked fried rice sautéed with a load of garlic, mixed with egg and ham bits with a dash of salt. Just hearing of fried rice paired with Filipino favorites of dried beef tapa (cured beef), longanisa (local sausages), hotdog, tocino, salted egg, smoked fish, etc., already gives you a sensation overload of a yummy satisfying meal.

This is enough reason for one to learn how to cook simple Filipino fried rice breakfast meals right in your own home.

Picture it Cooking

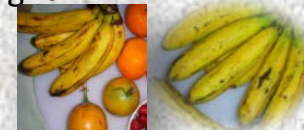
To make execution on your part easy, this book has been designed using a visual step-by-step

guide to home cooking your breakfast and snack fares. Note however that some baking and dessert recipes (a little under 10 dishes) added at the back of this cookbook were just bonus recipes hence will not have the step-by-step pictures but only the picture of the finished product. We plan to include the complete visuals in our next cookbook. Promise😊



Some Important Nutrition Notes¹

Breakfast and snacks preparation are great opportunities to provide your kids with good nutrition. Danny and I are both not nutritionists but we would like to share with you several studies made by local and foreign scholars on the subject of nutrition. Our passion for reading about food made us aware that simple breakfast especially for kids growing up like topping cereals with milk or fresh fruits or banana and cookies for snacks can be loaded with plenty of vitamins, minerals and energy to start their day right.²



Banana

Did you know that banana is a brain food? According to studies, it is rich in potassium, manganese, Vitamins B6 and C and not to forget the fiber. The high level of potassium and Vitamin B6 in bananas enhance memory and concentration which may help your kids in school. Vitamin B6 aid the body produce serotonin (neurotransmitter involved in sleep, depression and memory), norepinephrine and dopamine (neurotransmitter for the normal functioning of the central nervous system) and allow kids to concentrate in school.

Source: Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011

GRAINS

Did you know that our brain needs oxygen which it can only have if there is improved blood flow throughout the brain? Help blood circulate by eating lots of folate and Vitamin B6 found in whole grains such as 100% whole grain bread, brown rice, oatmeal and pop corn too!

Source: Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011

Nutritionists also recommend five servings of fruits and vegetables every day. Baguio city abounds with the very fresh in vegetables and fruits -- dark and leafy vegetables, citrus fruits, papaya, carrots, squash, cauliflower and broccoli. In one article we read, Professor Luz Callanta reminds us that we avoid canned foods with preservatives as these may affect memory and motor skills.³

3Gs' of Food. Heat energy giving food makes your kids be on the GO! GO foods rich in starch are rice, bread, corn, noodles, oatmeal, macaroni and pasta, potatoes, sweet potatoes, taro or gabi, and cassava.

GO foods rich in sugar are honey, jam, jellies, cakes, candies and ice cream. Go foods rich in fats and oil are butter, margarine, nuts, cooking oil, salad and olive oils and natural fats from meat.

Body building and repairing foods are often called GROW foods and help in the repair and building of tissues and cells of the body. Food rich in protein are poultry, beef, and pork meats, egg, milk, milk products, fishes, shrimps, crabs, mongo, beans, gelatin, soya beans, peanuts and bean curds (tokwa) too!

GLOW foods that help regulate and protect the body are rich too in vitamins and minerals. Examples of these are cheese, milk, fish, shellfish, oyster and shrimp, mussels, crabs, seaweeds, lobster, anchovies, mongo, soy beans, soy milk, cashew, peanuts, onions, animal liver, heart, kidney, egg yolk,

fruits such as banana, apple, orange, corn, rice, molasses, green peas, beans lettuce (letsugas) and spinach (espinaka) and others.

Vitamin-rich foods are usually green leafy vegetables, yellow fruits and other vegetables, internal organs such as liver, heart and kidney.



Bright Minds

Another thing worth mentioning are foods that boost brain power for bright minds. Fish helps boost your kid's brain power. The Omega-3 fatty acids enhance memory even for adults according to current studies on effects of this important source of protein. The Vitamin B6 in ordinary bananas enhance memory and concentration and help your kids do well in school. Serotonin, norepinephrine and dopamine (the feel great neurotransmitters) are produced aided by Vitamin B6 when we eat bananas. Likewise, munch those berries! Studies connected these to antioxidants and memory boosting agents like anthocyanin and flavonoids that enhance memory. The magnesium and Vitamin B12 in spinach and kangkong help create red blood cells that carry the oxygen to the brain. Oatmeal, brown rice, whole grain bread and popcorn too help improve blood flow throughout the brain because of the folate and Vitamin B6 in whole grain foods.

Go Mediterranean! Go Healthy!

On another note, many studies have discovered that the so called Mediterranean diet is the healthiest diet. The secret they say is simply people from that area enjoy the benefits of olives, olive oil, lemons, oranges, figs, wheat, potatoes and rice, and lots of fish. Plenty of olive oil is used in this coastal region in cooking their food. Pasta, rice and other grains are often served during meals. They eat many kinds of cheeses, yogurt, nuts, and plenty of fruits and vegetables almost every day. In moderation are the red meat, sweets and eggs.

Studies have shown that in this kind of diet the heart stay strong longer and healthy. More olive oil for cooking than butter in the diet and many fruits and vegetables in their diet help the heart.⁴

What about chocolate for kids? Lately, a review of seven different studies worldwide and published in the British Medical Journal has shown that eating chocolate is good for your heart. Although this latest conclusion specifically made mention of the negative effect if you decide to eat all the chocolate you want, since chocolate is loaded with sugar and fats. Thus, “eating lots more candy to get more chocolate would be a very bad idea”. The researchers also believe that the benefits of chocolate probably come from “chocolate's high polyphenol content”. These “antioxidant compounds can boost the body's production of nitric oxide, which in turn helps reduce blood pressure.”⁵

On a Final Note

As a rule of thumb, taking too much or too less of anything is not good. Moderation and a balance meal is the key to a healthy diet. Much like following the dietary dish helped created by USA's First Lady, Michelle Obama wherein the more contextually complicated food pyramid guidelines were simplified with that of a more visually appealing and simple way of telling us what to eat every day.

Simply put, one's daily meal should always include more fruits and vegetables (for roughage, fiber, vitamins and minerals); grains (pasta, rice, bread & cereals too); protein which may be chicken (preferably, white meat rather than dark); fish (for the omega oil), lean beef or pork and lastly, dairy (could be milk, cheese, etc).⁶

Get the Kids Early into the Pleasures and Nutrition of Food

There are simply lots of food you can introduce to your kid's diet early in your home-cooking to help them appreciate the fact that food is not only a source of energy or nutrition for the body but can be a source of life's pleasures. The flavor, taste, aroma and visual appeal of food are simple joys to be celebrated and shared with families and other people.

Food bonding is also one way to tell your kids you care a lot for them! Just like the precious bonding moment and unforgettable memories I had with my departed mom who served me the hearty breakfast of banana and two hard-boiled egg prodding me to get a 100% in my exam! Lately, Danny jokingly serves me two sausages and one sunny-side up egg cooked to perfection and tells me to get more than a 100% each time I have an important task to do for the day.

Now, get yourself up and prepare that HAPPY, HEARTY and HEALTHY breakfast or snack for your family. Have fun cooking!

Notes for the Readers –

Looking forward Enjoy reading the cookbook but first some caveats -

All the measurements used for the ingredients of the various recipes here are only approximations. Ordinary kitchen utensils for measurements that are usually available in any kitchen like the teaspoon, tablespoon and cups were utilized.

The availability of all the ingredients is also paramount in this cookbook so we made sure that most of the ingredients are available in any market near you. Likewise, you have the choice to create those important sauces and seasoning yourself or buy supermarket-ready ingredients like broth or seasoning and even wonton wrappers etc.

To the beginners, the spices and seasonings found in the ingredients list of each recipe in this cookbook (i.e., garlic, onion, soy sauce, fish sauce and others) are not to be taken as absolutes. You may either increase or decrease the quantity of these ingredients depending on your particular taste. If you love garlic so much then by all means a clove of garlic or two more to the dish you are preparing will not spoil it. Same way goes with the salt, pepper, soy sauce and even fish sauce on your dishes being cooked, though moderation is also important. Removing or trimming some of the visible fats in pork or removing the skin of the chicken

when cooking will also be up to you, though we suggest taking these fats off the meat for obvious health reasons.

Servings in the recipe usually are set to 2-4 but if you are cooking for more than this number, you just need to multiply the ingredients in the recipe.

Preparation times are all suggestions only including the sautéing and boiling you need in doing the dishes. This will all depend on whether your meat is cooked properly or tender by actual pricking of the meat.

Always have fun while in the kitchen and avoid staring at the clock. Cooking time also will

Some easy kitchen conversions and abbreviations used in this cookbook:

T = Tablespoon
t = teaspoon

1 cup = 16 Tablespoons or 48 teaspoons
1 cup = .23658 L
2 cups = 16 oz (liquid)

1 liter = 4.226 cups
1 cup = 2 oz (bread crumbs)

depend on the heat setting of the oven or stove, the cooking pans you are using, the amount of mis-en-place or preparation in completing all the ingredients needed and even on the quality and cuts of meat you are cooking. It will also depend on the kitchen techniques you know in orchestrating your ingredients. The pan should also be squeaky clean and in the right temperature before adding oil when searing meat to avoid food sticking on it and oil splatter.

Again, like we said in our debut book, have fun and welcome “kitchen disasters” because these will give you valuable lessons so next time you cook a particular dish you know what cuts, what to prepare and what to substitute if ever you run out of fish sauce in the pantry.

Along the way, it will be unavoidable to make substitution in your ingredients from time to time. In cases such as when you forgot some ingredients, you simply don’t want them, or have a food allergy to said ingredient(s) like peanuts, or you want a healthier option then by all means make some minor substitution carefully without ruining your dishes being prepared.

The following are some substitution or replacement tips you may need when having fun in the kitchen:

Substitute depending on availability of the following:

- Margarine for butter;
- Canola for olive oil;
- Vegetable oil for canola;
- Lime for kalamansi in bistek (beef-steak dish);
- Maple syrup for honey

Absolutely, no substitution for vinegar when cooking adobo.*

Lastly, complete listing of the various recipes and their page number can be found in the Index parts or at the back of this book. That is, if you are a “skipper” type of a reader, then go straight to the Index and look for the specific recipe and page number, for the cuisine you want to try.

But if you are used to linear reading, the table of contents will be most helpful to preview the general categories of all the recipes in this cookbook like Breakfast: Bread and Pancake, Fried Rice, other Good Breakfast Fares; Salads, Relish, Dipping Sauces and Sidings; Snacks; Chilled Dessert and finally, Teaser Baked Goodies.

Enjoy your cooking with all you got – your mind, heart and hands!

*- read in the Sunday Inquirer Magazine dated November 14, 2010 in an article by Margaux Salcedo entitled, A Golden Endorsement for Purple Yam on page 2. We would really appreciate the golden opportunity and meet these two great chefs, whose adobo at their restaurant in NY got a great review from Sam Sifton of the New York Times (as told in Margaux’s article in the above). Chef Dorotan posited you can cook adobo without soy sauce but never sans good vinegar.

Organization of the Home Kitchen:

Mis-en-place & Other Good Kitchen Practices

First Things First

If there is a mantra for cooks and chefs, it is mis-en-place (French for putting things in their proper places). In plain English it is called PREPARATION which is key to ensuring a smooth and hassle-free cooking in the kitchen. If you do your mis-en-place, half the work is done. You will never forget any ingredient and you can focus on cooking perfectly the dish you are preparing. Remember that when you prepare your dishes, keep your kitchen CLEAN, ORGANIZED and SAFE. Here are some useful tips on how you can execute your mis-en-place flawlessly – **PREP FIRST, COOK NEXT**, exactly in that order. No getting back and forth.



The following simple tasks you need to do to get that perfect kitchen all the time were borrowed from the 5S concept of Japan. This powerful concept in Japanese mindset and Total Quality Management is known for ensuring success and high quality in their respective jobs or work.⁷

Sort

Take out all unnecessary items in your kitchen. They not only take up unnecessary space but they add to the clutter and food hazard in the kitchen. Throw away stale ingredients and expired items or bulging cans from your pantry. Discard rusty or deformed tools that would just contaminate your food or give you inaccurate measurement. Get those malfunctioning equipment repaired or sell them as junk

and buy new ones. This will save you more money in the long run and make your cooking more efficient and stress-free.



Systematize

Have a specific storage place for your tools, equipment and ingredients and label these, put them in the same location and easy access so you know where to get these during prep and cooking making you more efficient. Place those utensils such as measuring

TIP: By the way don't forget to thaw your meat inside the chiller – move the meat from freezer to chiller at least 4 to 6 hours prior to cooking....

cups, hand tools, cookware, serving plates most often use in the most accessible area.

Prior to cooking, prepare all the tools, utensils and ingredients needed to minimize running around the kitchen which is a safety concern.

Stock your pantry with basic cooking ingredients – cooking oil, vinegar, soy sauce, fish sauce, salt, sugar, garlic, onions, potato, laurel leaves, black peppercorns, whole and ground and other spices and herbs. This way, when inspiration strikes, all you need is the protein (fish, beef, pork or chicken) to worry about. You can have a stock of these too and replenish on a more regular frequent basis.

Prepare all the ingredients before cooking. Wash, peel, cut, portion and assemble all the ingredients so come cooking time you just grab what you need and you do not miss out on any ingredient and you won't need to be doing prep while you are already cooking. Wash vegetables in handy plastic container and immerse

in water to remove any soil or foreign material that can ruin your cooking and health. Peel and cut the various ingredients and dump your peelings and trash in used newspaper or plastic bag then just throw this away in the garbage or use as compost for your garden. Portion ingredients as per recipe, put in portioning bowls (e.g. a small bowl to hold the sugar, pepper and salt) and lay side by side on a service table near the stove.

Moreover, pre-blanch your vegetables and meat ahead of time. Use a cool water bath before adding any pre-blanced ingredients to your cooking to avoid overcooking. Prepare in advance your roux, cornstarch and water mixture or stock prior to cooking. If you are preparing 2 or more dishes requiring shallots or any ingredient, cut it ahead of time and set aside half of what you will be using for the 2nd dish.

Sweep

Keep your kitchen clean by maintaining daily and weekly maintenance schedule for cleaning and sanitizing.

Likewise, adapting the **Clean as you Go! Clean as you Work!** will ensure a clean and food safe work area. Do not let trash accumulate in the kitchen while you are cooking. Throw in the garbage immediately and wipe surfaces as often as necessary while cooking so that half the work is done. Keep cooking surfaces free from grease and wipe spilled oil immediately to avoid accident.

All tools, equipment and work surfaces must be clean. Beware of cross-contamination. Clean chopping boards in between use or better still use a separate color-coded cut boards when cutting veggies, raw meat and cooked meat. Wipe dry the utensils and plates when using it for already cooked food.

Standardize

Establish a routine of good kitchen practices in preparation and cooking and stick to it. Follow a disciplined preparation flow. This way, you become more efficient and your kitchen work will be stress-free.

Self-Discipline

All it takes is for you to have the discipline to stick to your good practices in the kitchen. Follow the establish good routines and improve as necessary to make your kitchen experience a daily joy of living.

Other Good Kitchen Practices (GKP)⁸

Ensure Food Safety. Keep hot food hot and cold food cold. Do not expose food at room temperature at long length as much as possible. Refrigerate food only when it has properly cooled. Make sure to cover these as well. Store foods at the proper temperatures. Check stored commercial canned and bottled cooking ingredients in your kitchen for expiration dates. Do not touch cook food with your bare hands nor use the same ladle or spoon for tasting different dishes. Cover trash receptacles and keep hand towels (cloth or paper) nearby to make cooking and cleaning always fast and easy.

WASH YOUR HANDS Protect your health and the health of others



Have a towel and rug (or a mop) nearby so you can wipe dry anytime water spillage on the counters and floor and thus prevent people, especially kids from getting to any accident.



Practice Kitchen Safety.

Handle knives and peelers properly. When not in use, momentarily park knives underneath the chopping board for safety. Put a wet rug underneath a plastic chopping board to keep it in place. Ensure that walls are clean and floor is dry whenever you are cooking to avoid accidents. Always use oven mitten gloves or pot holders when handling hot pans and have a towel and rug (or a mop) nearby so you can wipe dry anytime water spillage on the counters and floor and thus prevent people, especially kids from getting to any accident. From time to time, use sanitizing solution to clean your kitchen. Always wear gloves when using chemicals and keep these chemicals away from food. After every cooking, turn off kitchen appliances such as gas range and oven.

When you follow these guidelines, you will have an enjoyable kitchen experience as you prepare that HAPPY, HEARTY breakfast and snacks.

Contemporary Breakfast, Snacks & Teaser Baked Goodies

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Breakfast: Bread & Pancake

Fried Sandwich

French Toast with Strawberry Jam

Omelet with Mushroom, Cheese & Sausage

Pizza Egg

Chopped Parsley & Butter Bread

Tuna with Mayonnaise & Chopped

Onion Sandwich

Egg with Mayonnaise Sandwich

Strawberry Pancake

Cheese Pimiento Spread



Fried Sandwich



Serves: 2
Ingredients

6 pcs sliced white bread
1 cup Japanese bread crumbs
2 eggs, beaten
6-10 pcs ham, cut into $\frac{1}{2}$ " strips
6 pcs cheddar cheese, cut
into $\frac{1}{2}$ " strips
Oil for frying
Toothpicks to secure the
bread logs

Dips: Combine the following
1T mayonnaise
 $\frac{1}{2}$ t catsup
 $\frac{1}{2}$ t onions, minced
Pinch of ground white pepper



1 Flatten bread using rolling pin.



2 Put a piece of cheese and ham on the center then roll to make a log. Secure w/ toothpick.



3 Dip rolls in egg and then dredge with Japanese crumbs.



4 Heat pan with oil and fry.



5 Cut in half, slant-wise then serve with dips.(mayonnaise and catsup & a dash of salt & pepper)

French Toast with Strawberry Jam

Serves: 2

Ingredients:

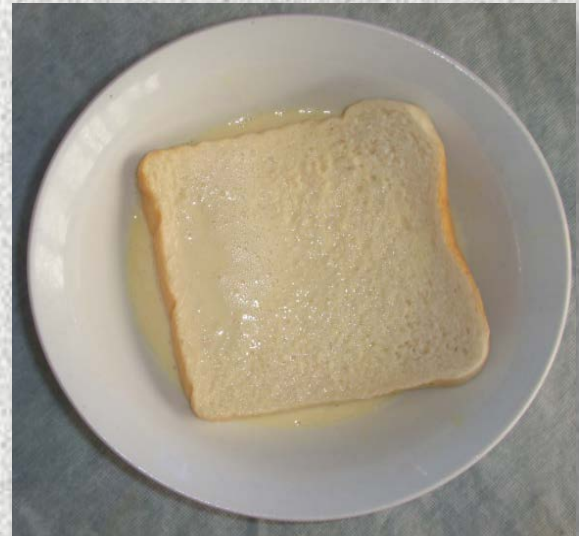
4 slices of white
bread
½ cup milk, – fresh
milk or evaporated
2 eggs beaten
Butter for toasting
bread





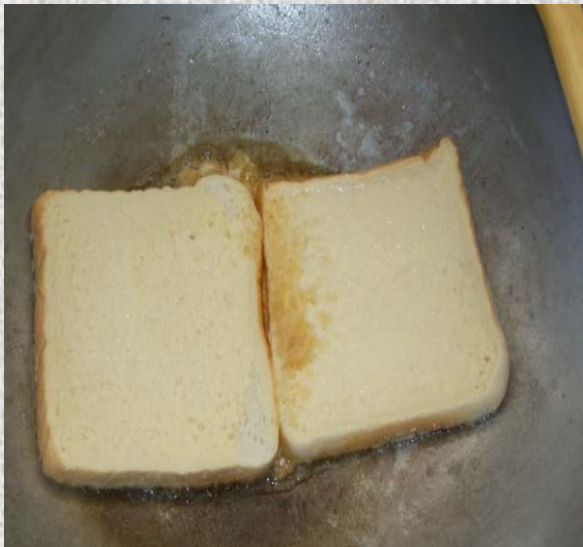
1

Mix the milk and eggs.



2

Coat the bread with the milk and egg mixture.



3

Heat pan, put butter and toast the bread.



4

Serve with strawberry jam.

Omelet with Mushroom, Cheese and Sausage



Serves: 2
Ingredients

4 slices of white bread
2 eggs, beaten
Salt and pepper for seasoning
10 pcs sliced mushroom (in cans)
2 pcs Vienna sausage, diced small
Few slices of cheddar cheese,
diced small
Butter for the sliced bread
Oil for frying



1 Toast the buttered bread on both sides. Set aside.



2 Heat a little oil in a non-stick pan and pour the beaten egg. Place generous portion or fillings of mushroom, cheese and sausage on one side of the egg.



3 Allow to set for a minute. Using a spatula fold over the other edge to the side with the fillings.



4

Serve the omelet with the toast bread.

Try other fillings such as ham, crispy bacon, chorizos, kielbasa and other spicy sausages. You will love It! The procedures are the same but the different flavors will give it a delicious twist!

Pizza Egg



Serves: 2 to 4 kids

Ingredients

- 2 eggs, beaten
- 2 T tomato ketchup
- 2 pcs Vienna sausage, cut into wedges
- ¼ cup cheddar cheese, grated
- 10 pcs mushroom, slice (in cans)
- Salt and pepper for seasoning

Kids would surely love this! It's fun and nutritious too!



- 1 Heat oil in a non-stick pan. Over low heat, pour the egg in the center and spread out thinly like a pancake. Allow to set.



- 2 Place the ketchup in the center and spread out the ketchup on the surface of the egg.



- 3 Add the cheese on top and spread out.



- 4 Add the mushroom, green bell pepper and sausage. Best to cook the toppings in a separate pan before using as topping.



- 5 Serve immediately with toast bread.



Serves: 2
Ingredients

parsley, finely chopped
¼ bar butter
5 pcs pandesal or white
bread

Chopped Parsley & Butter Bread



1

Mix well the parsley with the butter.



2

Spread the mixture on one side of the bread.

3

Toast both sides in a heated grill pan. Serve immediately.



Tuna with Mayonnaise & Chopped Onion Sandwich



Serves: 2 to 4

Ingredients

- 1 can tuna flakes, drained
- 1 small onion, finely chopped
- 1 cup mayonnaise
- Salt and pepper
- 4 to 6 slices of white bread, toasted on both sides
- Spring onion, chopped for garnishing (optional)



1

Mix in the salt , pepper and onion with the tuna flakes.



2

Combine the mayonnaise and tuna.
Sprinkle some spring onions if desired.



3

Apply the spread on the toast bread. Serve immediately.



Serves: 4
Ingredients

2 hard-cooked eggs, diced small
½ cup mayonnaise
¼ onion, finely chopped
Salt and pepper to taste
4 to 6 slices of white bread, lightly toasted
on both sides
spring onion, chopped to garnish if desired

Egg with Mayonnaise Sandwich



1

Combine the chopped onion and diced egg. Season with salt and pepper. Mix in the mayonnaise.

2

Apply the spread in between two slices and cut into wedges. Serve as hearty breakfast for the kids. Consume fresh.



Cheese Pimiento Sandwich



Serves: 4
Ingredients

1 cup grated cheddar cheese
4 to 5 red bell peppers,
seeded and chopped
1 cup of water for boiling red
bell peppers
1/8 cup olive oil
Pinch of ground white
pepper and salt
A cup of pineapple chunks in
cans or fresh, diced small
(optional)



1

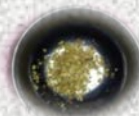
Boil a cup of water and add the bell peppers.

Add a pinch of *ground pepper & salt*. >

Reduce to simmer until almost all liquid has evaporated.



Salt and pepper



olive oil

2

Add the *olive oil* to the pimientos and continue to simmer for about 5 minutes.

Remove from the pan then finely chop the pimientos in a clean chopping board.



3

Combine the chopped pimientos with the grated cheese. Add pineapple dices (cut into smaller slices, pineapple chunks) into the spread, if desired.

Pineapple chunks





Strawberry Pan Cake



Serves: 4
Ingredients



1 $\frac{1}{4}$ cups all purpose flour
2 T granulated sugar
2 t baking powder
 $\frac{1}{2}$ t salt
1 egg
1 cup milk
 $\frac{1}{2}$ t pure vanilla extract
 $\frac{1}{4}$ bar melted butter
2 cups fresh strawberry, slice thinly
Maple syrup



1

In a bowl, mix sugar, baking powder, and salt. In a separate bowl whisk the egg, milk and vanilla. Whisk wet ingredients to the dry ingredients. Stir in the melted butter and fold the strawberries.



2

Preheat a non-stick pan. Spoon $\frac{1}{4}$ cup of the batter onto the griddle, cook pancakes until set and thoroughly bubbly about 3 minutes and flip with a spatula to cook the other side.



3

Try this pancake recipe using ripe mango slices.

Serve hot with maple syrup and butter on top of the pan cake.



Try it with blueberries or grapes too!

Adapted from: Everyday Food Faves by Leah Holzel's recipe for Everyday with Rachel Ray



FRUIT

Berries

Munch those berries! According to studies, they have antioxidants and memory boosting agents like anthocyanin and flavonoids that enhance memory. Great for kids and adults who love learning!

Source:

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011.





Sinangag (Fried Rice)

Egg Fried Rice

Yang chow

Binagoongan Rice

Adobo Rice

*Sinanggag with
Tinapa Flakes*

Breakfast: Fried Rice



How to Fillet Smoked Fish

Daing na Bangus with Fried Rice

How to Marinate Bangus

Crispy Tinapa Fillet

with Sinapaw na Kamatis



Sinangag (Fried Rice)

Serves: 4
Ingredients

4 cups cooked left over rice
3 cloves garlic, crushed

oil for sautéing the garlic
Pinch of salt and ground white pepper
1 T spring onions, finely chopped for garnishing (if desired)





- 1 Sprinkle little water to moisten the cold rice and loosen grain using a fork.



- 2 In a frying pan, sauté garlic in cooking oil until lightly brown.



- 3 Put in rice and stir-fry until lightly toasted while breaking the lumpy grains. Season with salt. Mix well.



- 4 Serve immediately and sprinkle a pinch of finely chopped spring onions on every serving if desired.



Serves: 4

Ingredients

4 cups cooked left-over rice
3 cloves garlic, cut
into thin flakes
oil for stir-frying
2 eggs, well beaten
Pinch of salt and ground
white pepper

Egg Fried Rice



1

Heat up oil in a pan. Sauté garlic.



2

Put the rice and stir fry for a minute breaking down the grains of the rice.



3

Add the egg, let it form first then mix quickly with the rice. Continue to stir until eggs is cooked and then mix well with rice. Season with salt and pepper.



4

To serve, transfer in a bowl and serve with Longanissa (local sausage) or grilled sausage.

Yang Chow Fried Rice

Serves: 4

Ingredients

- 4 cups of cooked rice
- 2 eggs, beaten
- 2 T oil
- 1 Chinese sausage (longanising Macau), chopped
- 1 bacon or ham, chopped
- 4 cloves garlic, minced
- 2 hot dog sausages, cut into small cubes (optional)
- 4 squid balls cut into small cubes (optional)
- pinch of annatto (achuete) powder
- pinch of red pepper flakes
- 1 small red and green bell peppers, seeded and chopped
- 1 small carrot, finely diced
- salt and pepper for seasoning



1

Saute the bacon and take off excess fats and oil. Put in new oil and sauté garlic, ham, chinese sausage, hotdog, and squid-ball for 2 minutes.



2

Put the annatto powder, red pepper flakes and seasoning. Put the red and green bell pepper, stir then add the carrot and continue to sauté for another 2 minutes.



3

Put the cooked rice and mix well with the sautéed meat and garlic mixture, stir-frying for 5 minutes or so.



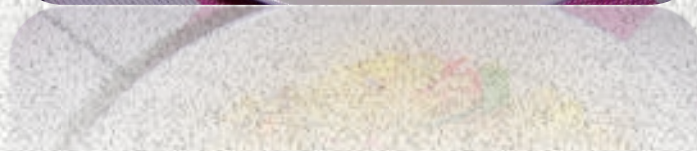
4

Pour the beaten egg. Let egg set for 1 minute then mix in with the rice. Continue to stir-fry until the mixture and egg mix well with the rice.



5

Serve with grilled or fried dishes.



Serves: 4

Ingredients

4 cups cooked rice
3 cloves garlic, chopped
1 finger chili, seeded and sliced diagonally
1 T annatto powder
2 T cooked shrimp paste
For topping:
1 cooked scrambled egg, chopped
1 medium onion, chopped finely for
topping
1 tomato, seeded and cut to small cubes
1 small unripe mango, peeled and cut into
small cubes
3 stalks of spring onion, chopped
4 T cooked shrimp paste for topping the
fried rice



Binagoongan Rice

1

Heat oil in a saucepan and cook the scrambled egg. When done, chop into medium cubes. Set aside.



2

In the same pan, sauté the garlic and finger chili and add the annatto powder.



3

Add the shrimp paste



4

Add the cooked rice. Continue to stir the rice with the other ingredients until well-toasted. Place the fried rice on a platter.



5

Top the fried rice with the chopped scrambled egg, onion, tomato, mango and cooked shrimp paste. Add the spring onion on top for garnishing. Serve hot.



Adobo Rice

Serves: 4

Ingredients

4 cups of cooked rice
3 cloves garlic, cut into thin
flakes
oil for stir-frying

¼ cup adobo sauce (left over or
freshly cooked)
1 cup adobo meat, shredded





1

Heat oil in a clean saucepan then saute the garlic until brown.



2

Add the cooked rice and continue to stir until rice is well toasted. Add the shredded adobo meat.



3

Add adobo sauce and mix well.



4

Serve hot.

Sinangag with Tinapa Flakes

(fried rice in annatto oil with smoked fish flakes)



Serves: 5 Ingredients

4 cups cooked rice
½ cup smoked fish
(tinapa) flakes

pinch of annatto powder
3 cloves garlic, cut into thin flakes
(pinch of salt)

oil for stir-frying

How to Fillet Smoked Fish



1

Moisten the cold rice with a sprinkle of water and mash rice using the back of the spoon to loosen grains.



2

Heat frying pan and saute garlic until slightly brown. Add the annatto powder. Add tinapa flakes and saute in oil for a little while.



3

Put rice and stir-fry until lightly toasted & Mixing it well with the tinapa flakes. Season with salt as necessary. Mix well.



4

Serve immediately with egg and sausage dishes.



Daing na Bangus with Fried Rice

Serves: 2

Ingredients

2 medium milkfish,
butterflied & marinated
with garlic, vinegar,
pepper and salt
oil enough for frying



1

When ready to fry, drain off some of the marinade from the fish and if possible wipe dry with paper towels to avoid excessive splattering during frying.

2

Heat enough oil in a non-stick frying pan. When oil is hot enough place the fish with skin side down. Cover to avoid splattering and fry until golden brown. Fry the other side. Avoid overcrowding the pan and fry daing na bangus one at a time.

How to Marinate Bangus (Marinated Milkfish)

You need :

4 medium bangus, butterflied with scale on (you can ask the fish monger in the supermarket to clean and butterfly the fish)

5 cloves garlic, peeled and minced

¼ cup black vinegar or any vinegar will do

1 T ground black pepper

2 T rock salt



1

Rub salt on both sides of the milkfish.



3

Marinate overnight.



2

Combine the pepper, vinegar and the garlic and spread it all over each milkfish.



FISH

Want to boost your brain power? Enhance memory for your kids? Lower risk of dementia and strokes for the adults? Then integrate as much fish in your daily meal.

According to studies, fish is a good source of omega-3 fatty acids which is known to slow mental decline, lowers the risk of dementia and strokes.

Source:

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011

4

Serve daing na bangus with fried rice and some sliced tomatoes or with your favorite dipping sauce.

crispy tinapa flakes



daing na espada



Ginisang sardinas



daing na bangus

Dishes that go well with Fried Rice



Fried eggplant



Hot dog Sausage



sunny side-up egg



Itlog maalat

Tuyo (dried herring) , scrambled egg, hotdog, fried eggplant & fried rice.

Crispy Tinapa Fillet with Sapaw na Kamatis

You need:

1 egg, beaten

Seasoned flour (flour mixed with $\frac{1}{2}$ t pepper and $\frac{1}{2}$ t paprika)

1

Mix together the flour, pepper and paprika.



2

Dip tinapa fillet in beaten egg then coat in seasoned flour. This will make the tinapa crispier, looks better and minimizes strong odor when frying.

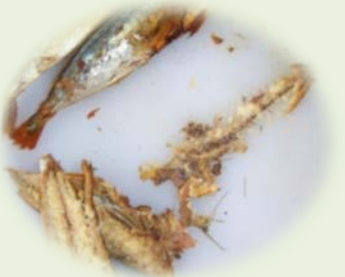


3

Deep fry in oil. Place on paper towel. Serve with sinapaw na kamatis.



How to Fillet Smoked Fish



S i n a p a w

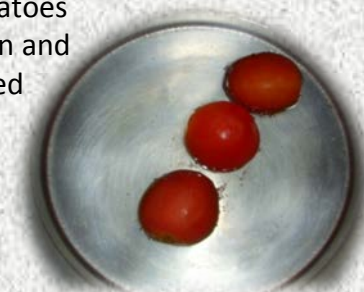
How to Make Sinapaw na Kamatis

You need:

3 to 4 ripe tomatoes, washed, cut small crosses on the bottom of the tomatoes
Boiling water



Boil and simmer enough water and add the tomatoes for 2 to 3 minutes. Drain and serve with fried or grilled items.



Or when simmering your everyday boiled rice simply add on top the tomatoes and cover. When rice is done so is your sapaw na kamatis.

na kamatis

T o m a t o

Benefits of the Fruit

Did you know that tomato is a fruit? Not only that but it is also considered as one of the most nutrition laden fruit with its cancer protection properties of lycopene (where it derives its color) as studies show. It likewise is a very versatile ingredient for pasta sauces, most Spanish and Italian dishes, dips, condiments and salads.



T R I V I A

Did you also know that before the 16th Century, tomatoes were hardly used in food preparation in Europe and in the US? This according to Irena Kirshman, author and a graduate of Cordon Bleu Cooking School and an international cuisine food consultant.



Chef Kirsman added in her book that during those days tomato was considered “poisonous” because the tomato plant’s blossoms resemble that of deadly nightshade shrub, majority of the latter are poisonous though but some bear edible fruits.

Irena in his book also mentioned about a certain myth that the small green tomato known as *love apple* could have been considered as the same fruit that tempted Adam in the Garden of Eden and the *love apple*, she added in her story too that this love apple (green tomato) could have turned into red in shamewhich is today’s red succulent tomato rich in lycopene?



Source of myth about the “apple” in the Garden of Eden story: Kirshman, Irena. (1973) Around the World Cooking Library’s American Cooking – A Sharing of the Fresh Abundance of the Good Earth. NY. Galahad Books . Page 51.

Other Good Breakfast Fares

Beef Tapa



Tortang Talong



Zucchini Fritata



*Burger steak with
Mushroom*

Beef Tapa

Serves: 2 to 4
Ingredients



½ k sirloin, sliced thinly and
pounded with tenderizer
mallet



6 cloves garlic, minced



¼ cup white sugar



1 T salt



¼ cup red-wine vinegar



Pinch of ground black
pepper



Oil for frying



1 Combine the salt , sugar, pepper, vinegar and garlic then rub on the meat slices and marinate overnight.



2 Before frying, gently squeeze meat to remove extra marinade. Fry the meat.

3 Serve with egg (or salted egg & tomato) and fried rice.



Tortang Talong (Eggplant Omelet)



Serves: 2
Ingredients

- 2 pcs eggplants
- Oil for sautéing
- 1 clove garlic, minced
- 1 onion, chopped
- 1 tomato, seeded and chopped
- 1 small carrot, diced into small cubes
- ¼ cup Spanish sausage (chorizo de Bilbao), chopped
- 3 eggs, beaten
- Pinch of salt and ground black pepper
- 1 sprig cilantro or coriander leaves (wansoy) or spring onions for garnishing



1

Char the skin of the eggplant on the stove top. Let cool then peel skin. Do not remove stem. Put on a plate and flatten eggplant using the back of the fork.



2

Beat the egg and season with salt and pepper.



3

Saute the garlic, onion, tomato, carrots and chopped chorizo. Set Aside.



4

In the same pan, pour some of the beaten egg and allow to set, lay one of the eggplant on one side and top it with half of the sautéed mixture of garlic and onion tomato, chorizo. Fold the egg over to make an omelet. Repeat for the other eggplant.



5

Serve with calamansi, soy sauce and bird's eye chili (optional).

Zucchini Frittata

Serves: 4

Ingredients

olive oil for sautéing

2 cloves garlic,
minced

1 onion, finely
chopped

1 zucchini,
unpeeled and diced
into small cubes

2 large eggs,
beaten

Salt and pepper

¼ cup parsley,
chopped



1

In a non-stick pan , heat a little oil and stir fry the garlic, onions and zucchini until tender. Mix in a bowl the beaten egg, a dash of salt and pepper and chopped parsley. Pour the mixture on top of the sautéed garlic, onions and zucchini. Allow it to set in low heat.



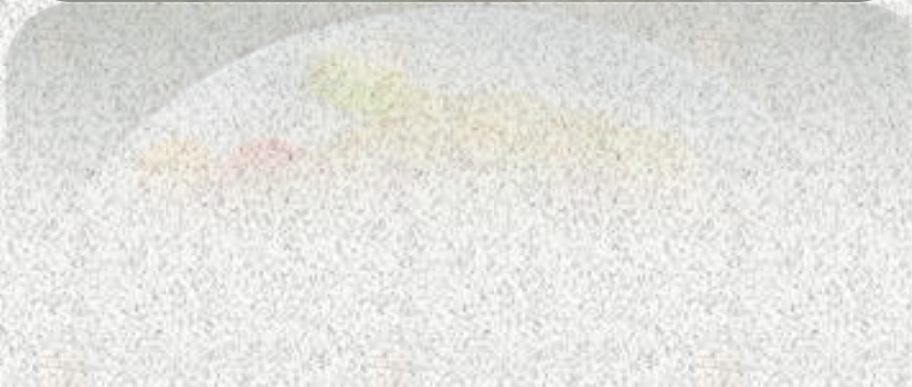
2

Run a spatula around the edge of the frittata while shaking the pan. Cover with a regular plate and invert the skillet to transfer the frittata to the plate, then slide back onto the skillet to cook the other side. Be careful when you do this technique.



3

Cut the frittata into pizza-wedge shaped portioning and serve hot.



Burger Steak w/ Mushroom



Serves: 4 to 6

Ingredients

- ¼ k ground beef
- ¼ k ground pork
- ½ cup fresh milk
- ½ cup dry bread crumbs
- 1 egg
- 1 small onion, minced
- 4 cloves garlic, chopped
- ½ t salt
- ½ t ground black pepper
- ½ t combined oregano and sprig of thyme, chopped
- 1 T of tomato paste: optional
- Oil for frying

For Gravy Preparation: Good for six (6) burgers

- 1 T of butter
- 1 can of sliced button mushroom, drained
- ¼ cup all purpose flour
- 1 tsp sweet paprika (not the spicy stuff)
- Salt and ground black pepper to taste
- 2 cups water or broth
- 6 browned burgers



- 1 Prepare meatball mixture. Mix all the ingredients thoroughly in a bowl.



- 2 Roll into meatballs (wet hands w/ water to keep meat from sticking) and then shape into burgers. Or take enough mixture to mold into the shape of golf balls and press rolled balls between wax paper until these form into ½ inch thick burgers. Allow enough space in between balls.



- 3 In a large skillet, heat oil and fry the burgers (by batch) and cook each side for about 2 to 3 minutes, until well-browned.



4

Place cooked burgers on a cookie sheet covered with a layer of paper towels, if available. Set aside.



5

Prepare gravy.

- a. In the same skillet used for frying the meatballs, sauté the mushroom in butter. Season with sweet paprika, salt and ground black pepper.
- b. Stir in the broth or water and put 6 pcs of browned burgers and simmer for at least 5 minutes while shaking the pan and turning over the burgers once.
- c. Remove the cooked burgers. Stir in the all-purpose flour in the gravy and keep stirring until the gravy thickens. Repeat for the remaining burgers.



6

Serve 3 burgers with the gravy on the bottom, garnish cilantro or mint on top of the burgers per guest with rice on the side.

Salads, Relish, Dipping Sauces & Sidings



Atchara
Cucumber in Vinaigrette



Ensaladang Mangga at Avocado



Ensaladang Itlog Maalat



Ratatouille

Ensaladang Talong at Bagoong



Soy Lemon Dipping Sauce



Other dipping sauces: (Please See page 93)

Siling labuyo, kalamansi at toyo

*Red wine vinegar with
Siling labuyo and fish sauce*

*Vinegar with garlic and salt
and pepper*

*Cane Vinegar with onion, garlic and bird's
eye chilies (sinamak)*

Atchara

(pickled papaya and radish)

Serves: 10

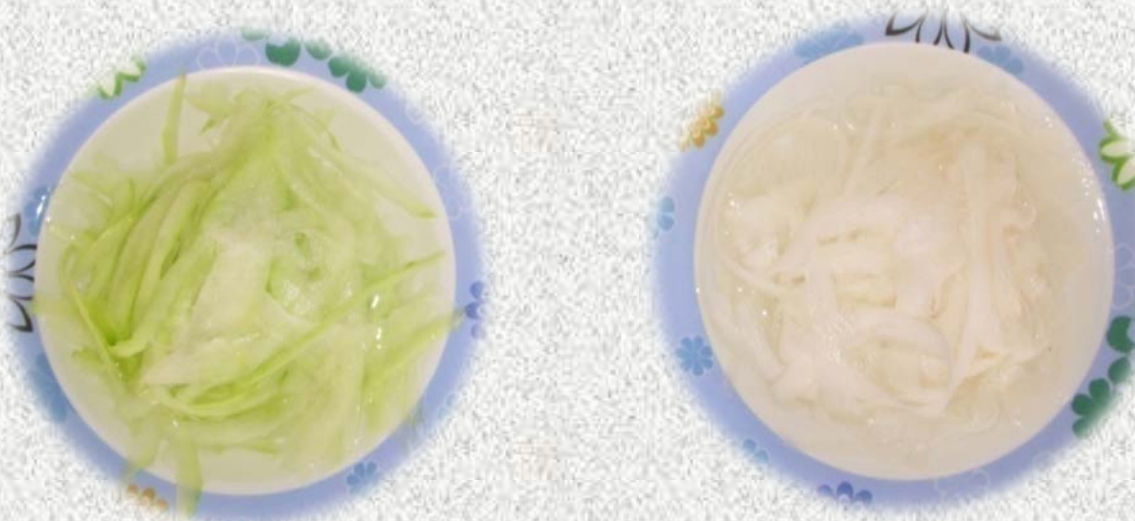
Ingredients

- 1 cup vinegar
- ½ cup brown sugar
- 1 cup unripe papaya, peeled, seeded and cut into thin strips using a kitchen peeler
- 1 cup radish, peeled and cut into thin strips using a kitchen peeler
- 1 red and green bell peppers, seeded and cut into rounds
- 1 large carrot, peeled and cut into rounds
- ¼ cup raisins
- ¼ cup ginger, peeled and sliced thinly into juliennes
- 3 cloves garlic, peeled and crushed
- 3 shallots, peeled





- 1** Combine vinegar and sugar in a sauce pan and gently simmer until the sugar dissolves. Set aside.



- 2** In two separate bowls, immerse both radish and papaya strips in water with salt. Let stand for 5 minutes then squeeze out the liquid from both the radish and papaya. Drain and rinse both papaya and radish. Repeat the rinsing procedure and set aside.

3

Prepare the vegetables for pickling. Blanch all the other vegetables in a sauce pan with enough water and pinch of salt. Set aside. Reserve the liquid.



4

In a clean jar, pour in the vinegar and sugar pickling solution and mix in the radish and papaya. Add the garlic, ginger, shallots and all the other vegetables and use a clean spoon or fork to distribute evenly in the jar. Pour the reserve liquid until it covers the pickled vegetables.



5

Cover and refrigerate. Allow to steep for a week prior to serving. Stir the pickled vegetables everyday using a dry and clean fork.



6

Serve as relish for fried or grilled viands.

Ingredients

2 cucumber (pipino), peeled
and sliced
¼ cup vinegar
¼ cup water
2 T white sugar
½ t ground black pepper
Pinch of salt



Cucumber in Sweet & Sour Vinaigrette

1

Slice the cucumber. Combine well the vinegar, water, sugar, salt and black pepper.



2

Pour the sweet and sour vinaigrette on the cucumber slices.

Chill and serve with fried and grilled viands





Ensaladang Mangga at Avocado

(Mango, Tomatoes and
Avocado Salad)



Serves: 2 to 4
Ingredients

2 medium ripe mango, peeled , pitted, and flesh diced small
2 large ripe avocados, seeds removed, scooped out and mashed

1 large tomato, cored and diced small

1 Sagada fresh orange juice or

1 kalamansi juice mixed in with sugar or

1 fresh lime juice

¼ cup olive oil

Salt and pepper

Dash of Tabasco sauce

Garnish with a chopped stalk of spring onion,
(better yet use a scissor to cut the spring onion)



1

Combine olive oil, pinch of salt and pepper, tabasco sauce, lime juice and tomatoes and gently fold into mashed avocado.



2

Add half of the diced mango and mix in with the avocado.



3

Top with the remaining mango slices and garnish with chopped spring onions.

Serve with cucumber (pipino) or turnips (singkamas) slices. Good also with home-cooked potato chips.





Ensaladang Itlog Maalat (Salted Egg Salad)

Serves: 2
Ingredients



- 2 salted eggs, halved lengthwise, scooped out from shell
- 3 medium fresh tomatoes, cored and diced small
- $\frac{1}{4}$ cup olive oil
- Pinch of ground black pepper
- 1 T spring onion, chopped or
- 1 T onion, finely chopped



1

Halve 2 salted egg and scoop out the flesh, cut into small dices and transfer on a clean serving platter.



2

Combine the olive oil and the tomatoes. Season with black pepper. Mix in the tomatoes and olive oil mixture with the salted eggs. Top with the remaining salted egg, scooped out and quartered. Drizzle some olive oil on top of the quartered egg quarters.



3

Garnish with spring onion and serve.



Salted eggs are readily available in the supermarket but you can also create your own but curing will take two weeks or more for a perfectly home-prepared salted eggs.



Ensaladang Talong w/ Bagoong

(Eggplant Salad in Olive oil and Shrimp Paste)

Serves: 2 to 3

Ingredients

- 3 medium eggplants, boiled
- 3 cloves garlic, peeled and minced
- 1 red onion, peeled and minced
- 2 medium tomatoes, cored and diced
- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{4}$ cup olive oil
- 3 T cooked shrimp paste

1

Place the eggplants in boiling water (or grill), allow to simmer and when tender remove and flatten the eggplants to a boat-like shapes using a fork.



2

Add on top of each of the flattened eggplants the minced garlic, pepper, olive oil, then the red wine vinegar.

Using the back of the fork press on these ingredients to mix in with the eggplant.



3

Place in the center of each eggplant -- shrimp paste and spread the paste all over the surface of the eggplant. Add the minced onion and tomatoes and likewise spread these on top of each of the eggplant boat. Serve with grilled or fried items



4

Alternative way – combine in a bowl the garlic, onion, tomatoes, olive oil, pepper, red wine vinegar and mix well. Add the cooked shrimp paste to the mixture. Then scoop a portion enough to cover every eggplant boats. Serve.



Sawsawan

(Dipping Sauces)



Ingredients

- 1 lemon
- Equal amount of soy sauce to the lemon juice
- 3 drops of olive oil
- 1 bird eye's chilli (siling labuyo) cut diagonally with the seeds

How to make Soy & Lemon Dip –



Squeeze the lemon juice



Mix in equal amount of soy sauce



Add drops of olive oil



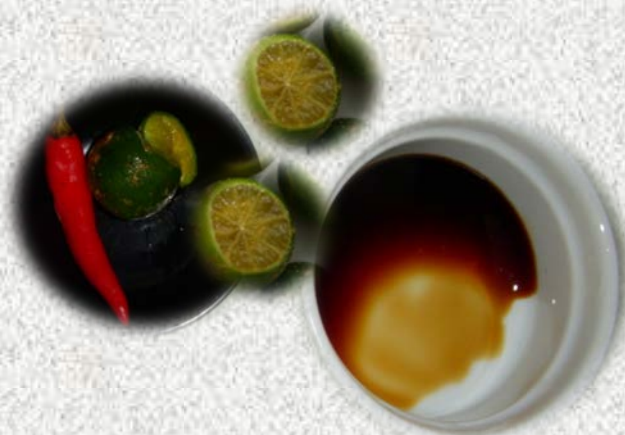
Whisk.
Put the cut chili.

Other Sawsawan

Dipping Sauce



Vinegar with garlic and salt and pepper



Siling labuyo, kalamansi at toyo



Red wine vinegar with Siling labuyo and fish sauce



Cane Vinegar with onion, garlic and bird's eye chilies (sinamak)



Ratatouille

(vegetable stew; usually made with tomatoes, eggplant, zucchini, green and red bell peppers, onion and seasonings)

Serves: 2 to 4

Ingredients

- 10 pcs fresh tomatoes, seeded and diced
- $\frac{1}{2}$ cup olive oil
- 6 cloves garlic, chopped
- 1 onion, medium dice
- 1 large green bell pepper, medium dice
- 1 large red bell pepper, medium dice
- 1 large eggplant, medium dice
- 1 large zucchini, medium dice
- 10 pcs fresh basil leaves, chiffonade
- salt and pepper

1

Boil and simmer the fresh diced tomatoes in 1 cup of water with a pinch of salt and pepper until tender. Set aside.



2

In another pan, heat olive oil and sauté the garlic and onion.

3

Put the red and green bell peppers, eggplant, and zucchini and sauté for approximately 8 to 10 minutes or until tender.



4

Mix in the cooked tomatoes, basil and seasoning and keep stirring gently for another 5 to 10 minutes. Serve hot as vegetables sidings.



Snacks (Merienda)

A light Informal
Meal





Hot Anchovy & Garlic Dip



Serves: 4

Ingredients

7 unsalted anchovy
fillets (available in cans in olive oil at your favorite supermarket)
½ cup olive oil
2 T butter
5 garlic cloves
4 cups of water for blanching the vegetables



1

Put the butter in a saucepan over low heat and stir until it melts. Add the garlic and stir until garlic is tender but not browned.



2

Put the anchovies and oil, stir until the anchovies dissolve into the oil and sauce becomes creamy.



3

Slice vegetables into strips and blanch these for 1 minute in hot water, drain and arrange in a serving platter. Serve with the dip as appetizer or on the side.

Try substituting 1 Tablespoon of cooked shrimp paste for the anchovy fillets and serve the dip with sliced mango, and see the faces of your guests light up with delight!



Blanched vegetables, such as cauliflower, broccoli, carrots, red and green bell peppers, celery stalks, fennel and scallions will be great for this dip.



Serves: 2 to 3

Ingredients

1 large sweet potato,
scrubbed and cut
into ½ in thick slices
oil for frying
¼ cup brown sugar
1/8 cup water
Vanilla extract

Sprinkled toast sesame seeds
will add esthetic touch on this
dessert....



Sweet Potatoes Toffee

1

Heat enough oil for deep frying. Fry the sweet potatoes for 3 to 4 minutes or until golden brown. Scoop with slotted spoon and drain on absorbent paper towels.

Set aside.



2

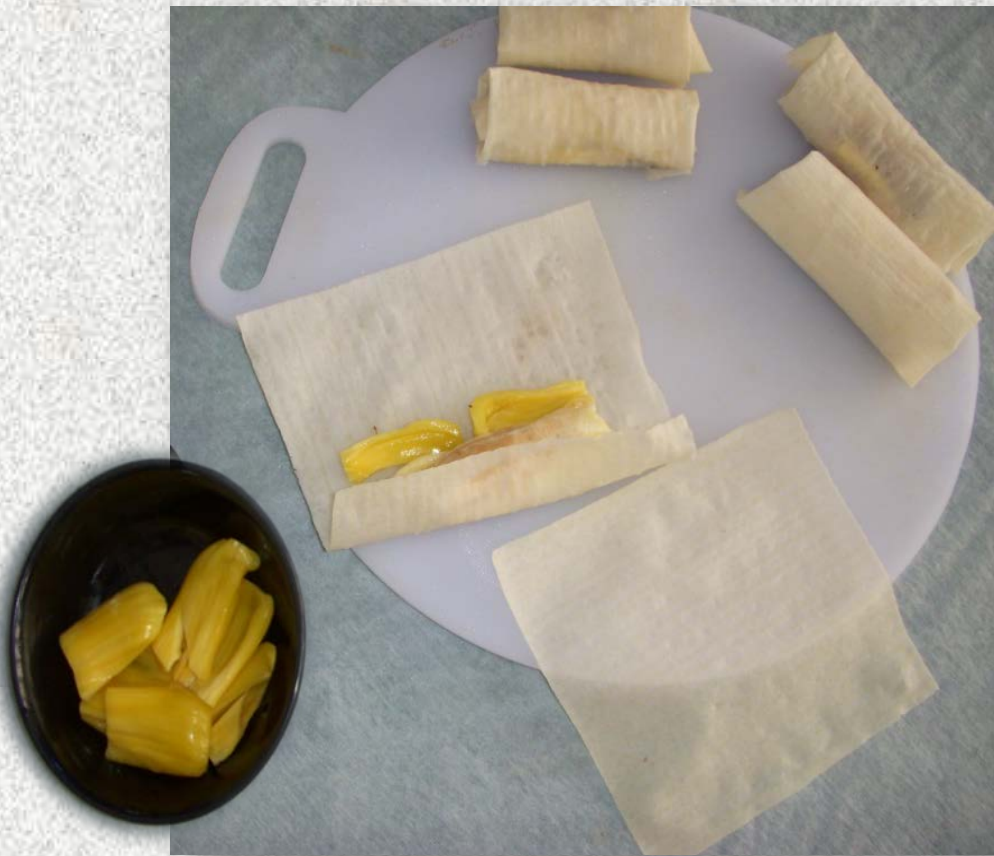
Fry in batches, do not overcrowd the pan.



3

In a different pan, boil the sugar and water and simmer until syrupy. Turn off the heat and quickly toss the fried sweet potatoes into the syrup. Turn to coat evenly the surface of the potatoes and drizzle with sesame seeds if desired. Serve as dessert.





Serves: 2 to 4

Ingredients

- 4 ripe medium plantain bananas,
thinly cut lengthwise
- 10 small Langka (Jackfruit)
- 10 spring roll wrapper
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup water
- 1 t vanilla extract
- oil for frying
- sesame seeds

Banana in Spring Roll Toffee

1

Cut the bananas thinly. Wrap two slices of banana in spring roll wrapper with 1 piece of jackfruit. Wrap the remaining slices.



2

Fry in hot oil and in batches. Set aside.



3

In a small pan, boil the water and sugar until syrupy. Remove from heat and toss the fried spring roll bananas into the syrup. Coat with sesame seeds. Serve immediately.



FRUIT : Banana

Did you know that banana is a brain food? According to studies, it is rich in potassium, manganese, Vitamins B6 and C and not to forget the fiber. The high level of potassium and Vitamin B6 in bananas enhance memory and concentration which may help your kids in school. Vitamin B6 aid the body produce serotonin (neurotransmitter involved in sleep, depression and memory), norepinephrine and dopamine (neurotransmitter for the normal functioning of the central nervous system) and allow kids to concentrate in school.

Source:

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011.



Serves: 2 to 4

Ingredients

- 3 plantain bananas (saba), cut into small cubes
- 1 white camote, cut into small cubes
- 1 orange camote (sweet potatoes), cut into small cubes
- 1 purple yam (ube), cut into small cubes
- 1 coconut meat, grinded
- $\frac{1}{4}$ cup sugar
- 1 t vanilla extract
- 1 cup powdered glutinous rice, mixed in water and form into small balls (bilo-bilo)
- 1 cup cooked tapioca pearls (sago) of varied colors (available in the market)
- 3 slices of jackfruit (langka), cut into small cubes

Sweet Potatoes & Bananas in Coconut Milk (Ginataang Camote at Saging)



1

Pour a cup of lukewarm water into the coconut meat and then extract the juice by mashing the coconut meat using your hands. Set aside. Pour another 2 cups of lukewarm water then extract more coconut milk. Set aside.



3

Add the bananas, bilo-bilo and tapioca pearls. Keep stirring until bananas, bilo-bilo are cooked. Add the first extract of coconut milk and jackfruit and simmer for 2 minutes. Turn off the heat. Serve hot or cold.



2

In a deep pan, pour the second extract and combine with sugar and vanilla extract. Keep stirring and when near boiling, add the camote and purple yam and cook until tender.





Maruyang Saging

(Fried Banana in
sweet batter and
egg)

Serves: 2 to 4

Ingredients

7 cooking bananas (saba), ripe cut into
three slices lengthwise.

1 cup flour

1 egg

1 t baking powder

1 cup fresh milk

1 T sugar

Oil for frying



1

Mix the flour, baking powder and sugar. Make a well in the center and add the beaten egg and milk mixture and make a smooth batter.



2

Heat the oil and when hot enough for frying, place the slices of banana in the batter and fry 4 slices side by side. Fry the other batches.



3

Serve hot.

Puto (steamed sweet bun) & Puto Pao (bun with fillings)



Serves: 4

Ingredients

½ cup flour
1/8 cup cooking oil
1 ½ T white sugar
1 t baking powder
3 T evaporated or fresh milk
2 eggs white,
1 T white sugar
1 drop of vanilla extract
Margarine for greasing the molds



1

Mix the dry ingredients first - flour, sugar and baking powder.



2

Combine the wet ingredients, oil, milk and vanilla extract with the flour mixture.



3

In a separate bowl whisk the egg whites until stiff, add the tablespoon of white sugar to keep the air in the beaten egg whites.

4

Put together the wet and dry ingredients until well-blended and lastly fold the egg white. Mix the batter until well blended.



5

Pour batter into molds about $\frac{3}{4}$ full. Steam for 20 minutes. The puto will be ready when surface is shiny and bounces back when finger-pressed. Another way is to insert a toothpick into one of the puto, withdrawn toothpick will be dry.





Adding Flavor to Puto

To add chocolate flavor to the puto batter simply, mix in 2 tablespoon of cocoa powder. Then pour batter into molds about $\frac{3}{4}$ full.

Steam for 20 minutes.

The chocolate- flavored puto will be ready when surface is shiny and bounces back when finger-pressed.

Enjoy mixing other flavors to your favorite puto.



Making Puto Pao

To add fillings to the puto batter simply, pour the batter about $\frac{1}{4}$ of the molder.



Add in the center of poured batter about half a teaspoon of fillings and continue to pour about $\frac{3}{4}$ full of the molder. Place on top of the fillings thin slice of cheese. Do the same with the other molders or ramikens.



Steam for 20 minutes. The puto pao will be ready when surface is shiny and bounces back when finger-pressed. Enjoy mixing other fillings to your favorite puto.pao.





To serve, brush the surface with butter or top with a thin slice of quick melt cheese.

You may also top with grated cheese prior to steaming. You can also add fillings prior to steaming if desired.

Plain puto is good with dinuguan and noodle dishes.



Passion Fruit & Mango Custards in Ramekins



Serves: 4

Ingredients

3 passion fruit
2 eggs
 $\frac{1}{4}$ cup fresh milk
 $\frac{1}{8}$ cup hot water for
straining and extracting the
juice of the fruit
 $\frac{1}{4}$ cup sugar
1 t vanilla extract
Fresh mango slices for toppings

- 1** Cut and scoop out the seeds from 2 passion fruits. Place seeds in a strainer and pour hot water while pressing the seeds with the back of the teaspoon >>> Reserve the juice extract.



- <<< **2** Whisk together the eggs, passion fruit juice, milk, sugar and the vanilla extract.

- 3** When smooth, pour the custard into four single-serve molds or ramekins. Cover with aluminum foil >>> and steam for 20 to 30 minutes until set.



- <<< **4** Garnish with seeds or pulps from the remaining passion fruit. Serve the custard chilled top with diced mango .

Tapioca Pearls w/ Black Jelly

(Sago at Black Gulaman)

Serves: 4 to 6
Ingredients

- 1 cup tapioca pearls (sago), boiled in approx. 6 cups of water or
- 1 cup cooked tapioca pearls (available in supermarket & use different colors of tapioca pearls for more visual appeal.)
- 1 cup cooked jelly (gulaman), cut into cubes or
- 1 can black jelly (gulaman), available in supermarket
- 1 cup water
- 1 cup sugar
- crushed ice or ice-cold water



1 Boil tapioca pearls (sago) until tender.



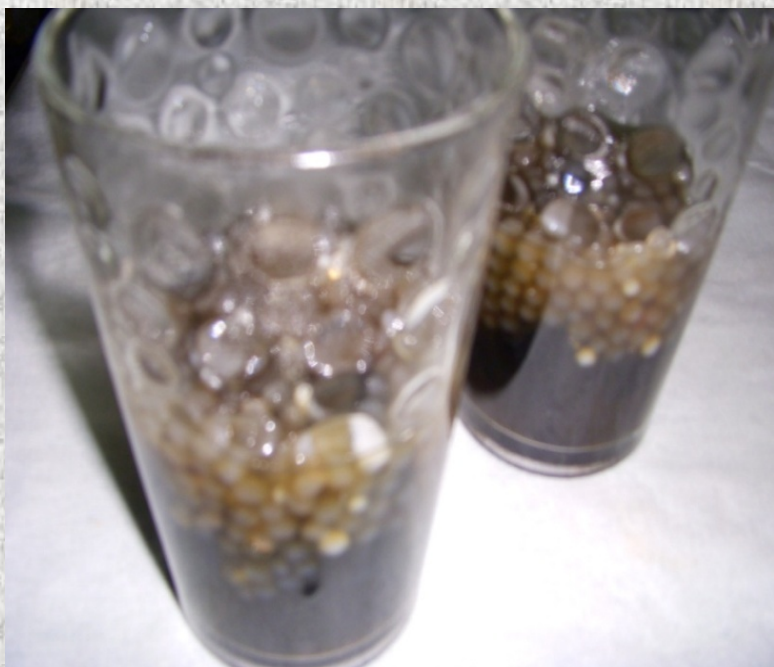
2 Cook black jelly (gulaman). Dissolve one small sachet of the jelly powder (available in supermarket) with 6 cups of water. Heat and continue stirring until jelly comes to a near boil. Pour in molds to set. Refrigerate and cut to small cubes.

Or just buy grass jelly and cut into small cubes (grass Jelly is available at your local supermarket).



3 Make sugar syrup by mixing the water and sugar, stirring continuously and simmer long enough until sugar dissolves completely in water and the liquid is syrupy. Set aside to cool.





4 To serve, portion in a tall glass the black jelly (gulaman) and top with tapioca pearls (sago). Pour in enough sugar syrup and top with ice cold water or crushed ice. Serve.



Strawberry & Blueberry Jam with Queso/Pastillas Ice Cream



Serves: 6 to 8 servings
Ingredients

3 cups fresh strawberries or blueberries or mixed 50-50
½ cup water
½ cup sugar
¼ bar of butter or margarine
Queso or vanilla ice cream

This kind of recipe is often called COMPOTE

Compote *
/ 'kóm,powt/
Dessert of stewed or baked fruit

*According to WordWeb 2009 I-Phone Application



1

Using a large sauce pan, combined water and sugar to boil, then simmer for around 10 minutes.



Add the vanilla syrup



2

Add the strawberry and/or blueberries to the sauce pan and cook for 2 to 3 minutes.

Add the butter and when melted or well incorporated in the mixture, turn off the heat.



4

Plate the jam and serve with a queso or vanilla ice cream scoop. Enjoy the blend of warmth from the jam and the coldness of the ice cream.

Ube Jam (Halayang ube)



Serves: 6 to 8 small servings

Ingredients

- 2 to 3 medium sized ube or purple yam, cooked & mashed
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup sugar
- 1 T vanilla syrup
- 1 big evaporated milk or 2 cups of fresh milk
- $\frac{1}{4}$ bar of butter or margarine plus extra for the sauce pan



1

Combine the fresh milk, sugar syrup (combining and cooking in a pan for 10 minutes or so or until mixture is syrupy in consistency), and vanilla.



2

In a separate buttered sauce pan, combine well the mashed ube and the fresh milk, sugar syrup and vanilla mixture and cook over low heat. Stir and combine well.



3

Stir in the butter on the sides and fold the melted butter to combine well with the ube mixture (halaya). Turn off the heat and allow to cool.





4 Serve a dollop of ube halaya, topped with a scoop of vanilla or queso ice cream.



Chow Mein/Pancit Canton

Stir-fried pancit with shredded chicken, green beans, carrots & bell peppers



Serves: 2 to 4

Ingredients

1 cup cooked chicken meat, shredded
6 cloves garlic minced
3 T fish sauce (patis)
200 g Chinese thick noodles (canton)
1 red bell pepper cut into small wedges
1 medium carrot, cut into julienne strips
½ cup soy sauce or oyster sauce
15 pcs green beans (habichuelas),
ribs removed and cut diagonally into thin strips
4 cups chicken stock (see page 131) or you can use supermarket
ready bouillon or broth cubes
1 t ground black pepper
Roux or 1 T cornstarch with 2 T tap water (see opposite page)
Oil for sauteing
1 onion, chopped

Making a Roux

Butter 40 – 60%
Flour 50 – 60%
Whisk

Step 1 Melt Butter in a sauce pan
Step 2 Add flour and whisk
Step 3 Cook to a desired roux type – white,
blonde or brown

1

Sauté garlic and onion over medium heat. Put the shredded chicken and mix in the fish sauce. Keep sauteing.



2

Put the oyster sauce or soy marinade sauce and allow to coat the meat. Add broth. Let boil.

Simmer and add the green beans first and when tender, add the carrots and bell peppers. Do not overcook the vegetables.

Set aside some of the stir-fried meat and vegetables for toppings to the noodles later. Let the broth or liquid in the pan to simmer.



3

Mix in the roux (See page 128) to thicken the sauce.

Add the pancit canton and keep stirring. Remove from heat when just a little sauce is left at the bottom of the noodles.



4

When serving, top noodles with the stir-fried meat and vegetables.

Garnish with fried chopped garlic and thinly cut chives or spring onion.

Serve hot with calamansi, soy sauce and bird's eye chili (siling labuyo) in a small dipping saucer if desired.

Making Chicken Stock

Yield: 3 to 4 cups

Ingredients

- ½ k chicken wings or thighs*
- 1 large onion, peeled and studded with the cloves
- 3 cloves
- 1 bay leaf
- 1 sprig of thyme (optional)
- 7 whole black peppercorns

•You can also use a whole chicken instead

1. Cut through the bone of the chicken parts and put in a large saucepan.
2. Peel the onion and stud with the cloves and together with the bayleaf, thyme and whole black peppercorns, put these in the saucepan. Or you may put all of these items in a cheese cloth before adding to the sauce pan.
3. Pour in about 4 cups of cold water in the saucepan and slowly bring to simmer.
4. Using a slotted spoon, skim off and remove the floating scum. Continue to simmer without cover for an hour and a half.
5. Strain the stock in a large bowl. Remove the sachet d'epics (thyme, peppercorns and bayleaf) and the onion with cloves. Spoon out all the fats and oil on the surface. Allow to cool, then cover and keep in the refrigerator. You can freeze the stock and it can last for up to six months.

Note: you can also substitute beef and pork bones with the chicken.

Chow Mein/Pancit Canton

The chow mein recipe in the above is a simplified version but you may opt to include in your hearty snacks other ingredients like ...

- 1/4 k shrimps, peeled and deveined (optional)
- ¼ cup juice of shrimp heads, boiled, strained (optional)
- 2 pcs Spanish sausage (chorizo de Bilbao) or Chinese sausage (optional)
- 1 cup cabbage, cut into chiffonade or long thin strips
- 1 cup small sweet peas (chicharo) cut in halves
- 6 small florets of broccoli, blanched (optional)
- 4 to 5 shiitake mushrooms, cut the caps into thin long strips (optional)



Cooking the Perfect Pasta



You need:

¼ k dried spaghetti

Large saucepan with water, fast rolling boil

1 t salt

Colander

1. Put the salt in the water to boil. Add the pasta only when the salted water is boiling. Time the cooking of the pasta according to the packet's instruction. Cook until tender or al dente ("just right to the bite").*
2. Drain well and set aside in a large bowl. You may pour some drops of olive oil in the cooked pasta and mix well to add sheen and prevent the pasta from sticking together. Portion the cooked pasta in single serve portioning and pour a ladle of the sauce over it and toss gently and garnish before serving.
3. Another way is to toss the single serve pasta and the sauce together in a non-stick pan smothered with a little butter, just like the procedure for putanesca. (see next page)
4. You may also just put the sauce on top of the pasta in a serving plate, garnish and serve.

* In the past we usually put the cooked pasta in a colander and allow running water to stop the pasta from overcooking. Lately, we opted that it is best not to run water on the pasta and instead just cut short by two minutes in your cooking time according to the packet's instruction. Not only will you be serving a hot pasta you are also guaranteed of not contaminating your cooked pasta with your tap water.

Spaghetti Putanesca

Celebration of Tomatoes , Parsley and Basil



Serves: 2 to 4

Ingredients

- ½ can Anchovies fillet, chopped (available in supermarket)
- ½ cup olive oil
- 6 cloves of garlic, chopped
- 1 cup fresh tomatoes, seeded and diced
- ½ cup black or green pitted olives, sliced
- ½ cup capers, sliced
- ¼ cup basil leaves, chopped
- 250 g cooked Pasta, cooked al dente according to label instruction
- butter
- ¼ cup parsley, chopped for garnishing
- salt and ground pepper for seasoning

1

Sauté garlic and anchovies in a heated pan with olive oil until the garlic is brown. Add the diced tomatoes, olives and capers. Simmer for 15 minutes then add salt and pepper to taste.



2

Prepare and cook the pasta then set aside.



Fast rolling boil

Once you put the pasta in the boiling water the temperature is affected right away, so be sure to put on HIGH immediately the stove setting and bring the boiling water wily nily into fast rolling boil setting.... This will prevent pasta from sticking together. Follow package label instruction.

3

Heat up a pan with some putanesca sauce (1 ladle) and smother with a little butter and put the portioned cooked pasta and toss. Add the chopped basil leaves until well-mixed. Add salt and pepper. Garnish with some chopped parsley. Serve hot.





Variation: omit the black or green pitted olives and substitute with the following: ½ cup dried shiitake mushroom, soak in water and cut into long thin strips 1 cup eggplant and zucchini, diced small



Spaghetti with Mushroom

Serves: 4 to 6

Ingredients

- ½ k ground beef
- ½ k ground pork
- 6 cloves of garlic, minced
- 1 medium onion, chopped
- 10 pcs fresh tomatoes, seeded and diced
- 1 pc green bell pepper, cut into small cubes
- 1 pc laurel leaf
- 2 T oyster sauce
- 3 T inexpensive white wine or any cooking wine
- 1 can of slices and stems of button mushroom or
- 4 caps dried shiitake mushroom, soaked and cut into thin strips
- 1 T ground oregano
- 10 to 15 pcs olives, sliced (optional)
- Dash of ground black pepper
- 1 cup stock
- 250 g cooked Pasta, cooked al dente according to label instruction
- 1 cup spaghetti sauce
- 1 cup tomato sauce
- 1 T fresh basil, minced
- Fresh basil leaves or parsley for garnishing



1

Boil ground meat in a sauce pan with enough water to cover and let boil until rendered fat comes out of the ground meat. Discard excess oil from the meat and set aside .



2

Saute garlic and onions. Add the tomato, green pepper and laurel leaf. Add meat and sauté. Put the oyster sauce and continue to sauté till meat turns dark. Pour the white wine and continue cooking for two minutes.





3

Put the mushroom and olives. Dash with ground oregano and add ground pepper. Pour some beef stock and simmer until it goes dry. Put the tomato and spaghetti sauce and let it boil slowly. Keep stirring and add the freshly chopped basil.



4

Take out the laurel leaf and serve.

To serve, pour enough sauce on top of the portioned cooked pasta and sprinkle with parmesan cheese and garnish with fresh basil leaves or parsley.



Meatballs with Strawberry Jam and Mashed Potatoes



Serves: 4 to 6

Ingredients

- ½ k lean ground beef
- ½ k lean ground pork
- ½ cup whole milk
- ½ cup dry white bread crumbs (unflavored)
- 1 egg beaten
- 1 onion, chopped
- ½ t salt
- ¼ t ground black pepper
- 1 t sweet paprika (not the spicy stuff)
- 1/8 t combined ground allspice, ginger, & nutmeg
- 1 t worcestershire sauce (optional)

Use oregano as substitute for the herbs in the above!



1 Combine all the ingredients thoroughly in a bowl to prepare the meatball mixture.



2 Shape meat mixture into balls (marble to walnut-sized). Wet hands with water or oil to keep meat from sticking. You may also use bread crumbs to coat the meatballs if desired.



3 Heat oil, enough to cover the bottom of the pan in a large skillet. When oil is hot, fry both sides of the meatballs for 2 minutes or until brown. Cook meatballs in small batches.



4

To prepare gravy sauce:

- 1 T butter
- ¼ cup flour
- 1 t sweet paprika (not the spicy stuff)
- salt and ground black pepper to taste
- 2-1/2 cups boiling water (or use 50 – 50 water and chicken broth)



In same skillet used for frying meatballs , discard the frying oil and stir in the butter. Add the flour while stirring the mixture. Add the paprika, salt and pepper. Combine the water and stir continuously until mixture thickens.

For richer gravy, use 1/2 water, 1/2 chicken stock or 2 cups liquids and 1/2 cup sour cream.



5

Put the browned meatballs in the gravy and simmer covered for 20 minutes. Stirring occasionally.



6

Serve with cranberry, strawberry or any jam with mashed potato, potato salad etc on the side.



You can also make some Scotch eggs out of these meatballs. Just flatten one meatball and wrap around a hard-cooked egg (you can use quail eggs too) then dip this in beaten egg, dredge on breadcrumbs and deep fry until golden brown. Or you can bake these Scotch eggs (preheat oven to 350 *F /175* C) for 10 minutes. Slice the Scotch eggs into halves then serve on a bed of lettuce and sliced fresh tomatoes and mustard. Your kids will enjoy this yummy treat!

Scotch Eggs anyone?



Spaghetti with Meatballs

Serves: 4 to 6

Ingredients

8 to 10 cooked meatballs
(Please see Page 141)

3 Cloves of garlic, chopped
1 medium onion, chopped
1 small red bell pepper,
seeded and cut into small strips
5 olives, pitted and sliced thinly
7 pcs, capers, chopped
Dash of paprika and ground
black pepper
2 T oyster sauce
2 T brown sugar
1 cup stock
½ cup tomato paste
250 g cooked Pasta, cooked al dente
according to label instruction



Capers



Sliced olives

1 Saute garlic, onion and red bell peppers.



2 Add the olives and capers and continue to saute. Add ground pepper, paprika and oyster sauce . Continue to stir . Mix in the sugar .



3 Add the meatballs followed by tomato paste.



4

Add the stock and allow to simmer for 10 minutes. Add the cooked pasta and mix well. Serve with grated cheese on top.



Or you may also portion out by putting over prepared pasta a ladle of the sauce with 3 meatballs and serve. Garnish with grated cheese.

Congee with Tripe and Beef

Serves: 4 to 6

Ingredients

¼ k tripe, cut into 1 x 2 " strips
¼ k beef cut into long strips and cut against the grain
8 to 10 cups of broth
1 medium garlic, crushed, peeled and chopped
1 medium onion, chopped
Fish sauce
1 beaten egg
1 large ginger, crushed
1 t annatto powder
1 ½ cups rice
4 cloves of garlic, peeled and cut into flakes and fried for garnishing



For boiling tripe:
¼ cup vinegar
½ cup water
sprig of thyme
5 pcs black peppercorn
celery stalk
1 pc bay leaf



1

Boil the tripe for 10 minutes and throw the liquid.



Using the same pan, simmer the tripe in $\frac{1}{4}$ cup vinegar, $\frac{1}{2}$ cup of water and add the thyme sprig, black peppercorn, celery stalk and bay leaf for 30 minutes until liquid is almost dry. Set aside the tripe and discard everything. .

2

In a deep pan, boil enough water and add the beef strips and tripe together and boil and simmer for another 45 minutes or until both meat are fork tender.

Add water as needed. Reserve the broth.



3

In another pan, sauté garlic and set aside some portion for garnishing.



Add onion, and ginger. Keep sauteeing and after 2 to 3 minutes remove the crushed ginger.



Put in the washed rice.



Mix in the annatto powder continue to stir the rice and combine well with the oil and continue to sauté.



Pour the broth. Continue to simmer.



4 Add beaten egg to add color then season with pepper. Put the fish sauce to season.



5 Mix in the cooked tripe and beef and add 4 cups of the reserve broth. Keep stirring and continue to cook over low heat for another 15 to 20 minutes until rice is soft. Put in more broth if necessary and keep stirring.



6 Serve hot in a bowl and garnish with brown garlic flakes on top, halved egg and sprinkle with chopped chives or spring onions.



3-Way Siomai Dumplings

(Wonton, Gyoza & Dumplings etc)



Serves: 4 to 6

Ingredients

- ¼ k lean ground pork
- ¼ shrimp, shelled, heads removed/set aside and chopped
- 3 cloves garlic, peeled and chopped
- 1 small onion, peeled and chopped
- 1 t ginger, peeled and chopped
- 1 small turnips, peeled and chopped
- 1 small carrot, peeled and chopped
- 1 t spring onion, chopped
- 1 T sesame oil
- 1 T cornstarch
- 1/8 cup soy sauce
- Teaspoon of rock salt and ground black pepper
- Wonton or siomai wrappers



1

Combine all ingredients and mix well



2

Place a teaspoon of filling in the center. Using your pointing finger wet the edges around the filling.



3

Bring the edges or the corners of the wrapper together and form into a flower. Make sure the filling can be seen on top and in the center of each filled and wrapped siomai dumplings. Do the same in wrapping the other siomai dumplings. Steam for 20 minutes or until cooked.



4

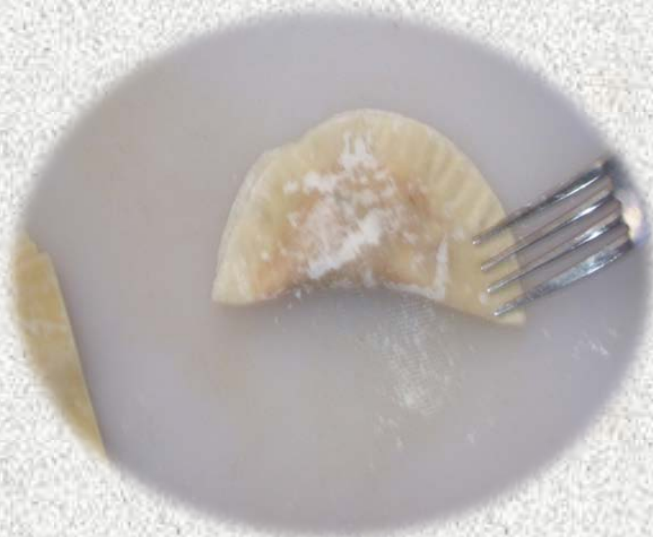
Alternatively, you can also wrap the filling by simply bringing or folding one edge to the other and using the fork tines press around the edge to seal the filling inside the wrapper. You can either steam these together with the siomai form into flowers or simply fry it (like gyoza).



Place filling in the center.



Wet the edges around the filling.



5

Serve with soy and lemon dip.
Commercial sweet and sour sauces can
also be served along with the steamed
and fried siomai or dumplings.





yeast



sugar



salt

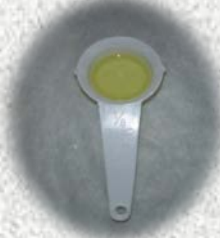
Serves: 4 slices
Ingredients



1 cup flour plus some extra



$\frac{1}{4}$ cup water



olive oil or cooking oil

Dough making --

- 1 cup flour plus some extra
- 1 t yeast
- $\frac{1}{2}$ t white sugar
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ t salt
- 2 T olive oil or cooking oil, to be mixed to the dough
- 3 T of extra olive oil/cooking oil for coating the dough ball
- Pinch of salt and pepper



Stove-Top Pizza

Cooking the Pizza

You need the ff. for the stove-top pizza cooking:

Aluminum foil approximately 17" x 12"

Pastry brush

Melted butter or olive or any cooking oil for brushing surface inside of the foil packet

Sauce and Toppings : Ingredients

½ cup cheddar cheese, grated (mozzarella cheese, drained and sliced thinly will be better)

melted butter, brushed on the surface of the pizza dough (optional)

2 T ketchup or tomato paste seasoned with pinch of salt and pepper

3 olives, sliced thinly

1 small onion, thinly sliced

1 red and green bell pepper, seeded and sliced thinly

2 cloves of garlic, minced

1 T basil leaves, shredded (optional)

1 tomato, seeded, thinly sliced into rings (optional)

Cooked bacon strips or ham (optional)

Note: if you have an oven then simply transfer the rolled pizza dough on a oiled baking sheet and make-up (term meaning to put toppings and pizza sauce) the pizza and bake for 10 to 15 minutes at 400° F/200 ° C or until edges are golden brown in color.



Other toppings : You can use the anchovy garlic dip sauce for toppings, the choice is endless and depends on your taste and creativity.



Pizza with red and green bell peppers and olives sans pizza sauce

Hot Anchovy and Garlic Pizza Toppings



Ingredients

- 1 T butter
- 2 garlic cloves, chopped
- 4 unsalted anchovy fillets, rinsed and chopped
- 1 T olive or cooking oil



Sauté the garlic in butter until slightly brown. Add the anchovy and the olive oil. Place in the center of the rolled pizza and spread out.



Making the Pizza Dough

1

Sift the flour with the salt.



2

Combine the yeast, warm water and sugar and wait until frothy.



3

Mix well the dry ingredients – flour and salt to the yeast mixture.



4

Add 2 T of the oil, and using your hands dusted with flour place the mixed dough on a lightly floured surface and knead until smooth and elastic.



5

Form the dough into a mushroom ball and place the dough in a clean and oiled bowl. Drizzle the extra oil to coat the mushroom ball. Wrap the whole bowl in plastic and allow the dough inside to rise double.



6

Punch the dough. Place the dough into a lightly floured surface and knead for some time.

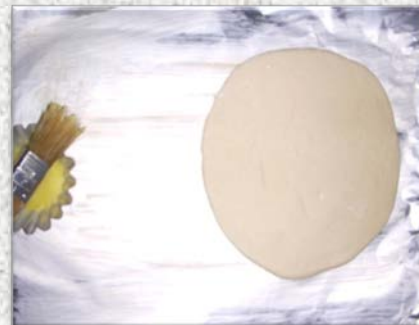


7

Flatten the dough with a dough roller until desired thickness (if roller is not available then you can just use an empty wine bottle for a roller, don't forget to put some flour to avoid the dough from sticking onto the bottle).

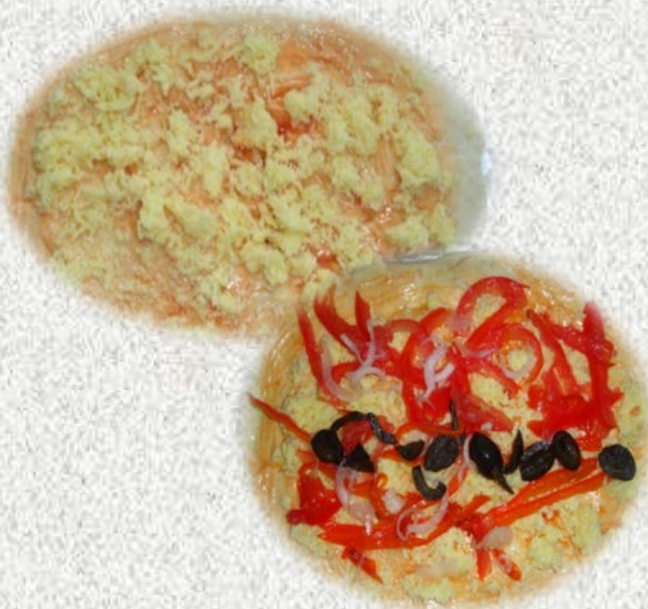
8

Transfer the rolled dough into an aluminum foil brushed with butter.



9

Brush the surface of the pizza with butter, if desired and place in the center the ketchup and using the back of a spoon spread out the ketchup all over the surface. Spread in the grated cheese and then the other toppings.



10

Seal the foil's edges. Punch some holes on top of the packet. Heat a non-stick pan and place the pizza packet to cook for 3 to 5 minutes on one side, shaking the pan from time to time. Invert and cook the other side. Be careful when flipping to the other side using a plate, as the foil packet is very hot.



11

Take out the cooked pizza by removing the seal on the sides, but again be very careful of the hot steam. Place on serving plate and cut into quarters. Serve with hot sauce or ketchup.



Serve hot with hot sauce or ketchup.

Stove Top Focaccia

Flat bread which originated from Italy
Made with flour, yeast, olive oil and salt



1 cup flour plus some extra



salt



yeast



Olives



olive oil



Rosemary leaves

Makes 1 small focaccia bread good for two people

Ingredients

Dough making --

1 cup flour plus some extra for dusting

2 t yeast

$\frac{1}{2}$ t fine salt

$\frac{1}{4}$ cup warm water

$\frac{1}{4}$ cup olive oil

$\frac{1}{2}$ t coarse salt

Cooking the Focaccia

You need for the stove-top focaccia cooking:

Aluminum foil approximately 12" x 12"

Pastry brush

Melted butter or olive or any cooking oil for brushing surface inside of the foil packet

Note: if you have an oven then simply transfer the poked focaccia dough with all the toppings on a oiled baking sheet and bake for 10 to 15 minutes or until focaccia is pale gold in color (pre-heated oven temperature is set to 400° F/200 ° C).

Top with: Olive oil, black olives, coarse or rock salt, rosemary sprigs.

Pour remaining oil in the center of the poked dough and taking the oil to the edges using a pastry brush. Sprinkle with coarse salt. Distribute the sliced black olives and rosemary sprigs on the focaccia dough.



Other toppings : you can use thinly sliced onions, shredded basil leaves, minced garlic etc., the choice is endless and depends on your taste and creativity.

Making the Focaccia Dough

1

Sift the flour in a large bowl and make a well in the center.



2

Meanwhile, combine the yeast and the $\frac{1}{4}$ cup warm water and wait for 5 to 10 minutes or until mixture is frothy. Combine the yeast mixture, salt and a tablespoon full of olive oil inside the well. Make a dough and add a little water as needed.



3

Turn out the dough on to a floured surface and knead until smooth and elastic for about 8 to 10 minutes. Form into a mushroom ball.



4

Return the dough in an oiled bowl, cover with a damp cloth and allow the focaccia dough to rise double in a warm place.



5

When double, knock or punch down the dough. Punch the dough. Knead for some time.



6

Flatten the dough and transfer to the oiled aluminum foil (dull side in contact with foccacia and shiny side outside) form the dough to a rectangular shape.



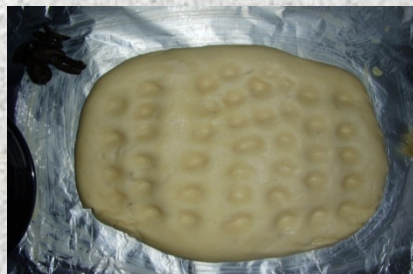
7

Cover with a damp cloth and allow to rise double again for around 30 minutes.



8

When double in size, poke the dough all over with your fingers to make little dimples.



9

Brush the surface of the dimpled focaccia dough with the remaining olive oil by putting the oil in the center and using a pastry brush bring the oil up to the edges of the dough.



10

Sprinkle all over the surface of the focaccia dough the coarse salt. Distribute the sliced olives and rosemary sprigs on top.



11

Seal the foil's edges. Punch some holes on top of the packet. Heat a non-stick pan and place the focaccia packet to cook for 3 to 5 minutes on one side, shaking the pan from time to time. Invert and cook the other side for another 3 to 5 minutes. Be careful when flipping to the other side using a plate, as the foil packet is very hot.



12

Take out the cooked focaccia by removing the seal on the sides, but again be very careful of the hot steam.

Place on serving plate and cut into quarters.

Serve as focaccia dip, soy sauce and olive oil combined. Serve also with putanesca spaghetti.

You can freeze it and serve later on. Reheat by heating a non-stick pan and reheat the focaccia same way with cooking pancakes on a griddle. Enjoy!



Reheating focaccia



Focaccia bottom

Chilled Desserts

Mango Mousse

Leche flan

Chocolate Mousse

Fresh Fruit Salad /Dessert

Flavored Panna Cotta

Dark Chocolate Truffle



Chilled Dessert recipes were added when this cookbook was about to wrap up for publishing and thus this section will not have the step-by-step pictures like the rest of the recipes featured in this cookbook. Only the picture of the finished product. Our apologies! We plan to include the complete visuals in our next cookbook. Promise☺

Mango Mousse

Serves: 2

Ingredients

(you can substitute strawberry, avocado or chocolate with nuts – almond or cashew, pistachio or pili nut)

2 ripe mango, scooped with a spoon
1 sachet (250 ml) All purpose cream
4 t confectioner's sugar

1

Whisk the cream until fluffy, add the sugar and continue to whisk.



2

Prepare a clean glass or a tall wine glass layer alternately the mango and the cream until it reaches the brim of the glass.

Do the same with the remaining mango slices and whisked cream chill before serving





Mango Mousse

Leche flan

Ingredients:

6 egg yolk
1 can or 168 ml condensed milk
1 t vanilla
dash of calamansi j or dayap juice (if desired)
sugar (caramel)

1

Combine together the egg yolks, milk and vanilla and dash of lime or dayap. Melt the sugar in the molder until fully caramelized.

2

Pour the egg and milk mxture in the molder and cover with aluminum foil. You may also use ramekins when serving to your guests).

3

Steam the flan until done. To test for doneness, stick a toothpick into the flan and if the toothpick comes out clean, then the flan is done.

4

Run a spatula around the flan and then invert the flan on a platter and serve chilled.

Refrigerate for longer shelf-life.



Chocolate Mousse

Serves: 6

Ingredients

1 cup chocolate chips or
dark chocolate

2 t unflavored gelatin

¼ c water

3 pcs. Egg Whites

3 T butter

¼ c All Purpose Cream

3 T sugar

3 pcs. Egg Whites



1

Melt the choco chips, gelatin and ¼ c water in a double boiler. Turn off heat then add butter, all purpose cream and sugar. Allow to cool.

2

Beat the egg whites until stiff and fold into the chocolate mixture.

3

Pour into individual cups. Let chill until fully set. To serve, put cream and chocolate sticks on top.

Fresh Fruit Salad Dessert

Serves: 4

Ingredients

3 apples
3 Sagada oranges
10 to 15 strawberries
1 small can of peaches in syrup
30 ml/ 2 T lemon juice
15 to 30 ml or 1 to 2 T propel orange flavored water
Icing or confectionery's sugar, to taste
Fresh mint leaves to garnish or decorate



1

Peel the Sagada oranges with a sharp knife, removing all the white part or pith, segment, catching any juice in a bowl. Peel and remove the core of the the apples and slice finely.

2

Remove the stem and leaves of 10 strawberries then halve and quarter depending on size. Keep the remaining strawberries with their hulls intact for garnishing.

3

Prepare the peaches in cans and set aside the syrup. If using fresh peaches, blanch the peaches for about 1 minute in boiling water, then peel away the skin and cut the flesh into thick slices. Discard the stones or seeds.

4

Place all the fruit In a large serving bowl. Toss lightly to mix.

5

Mix together the lemon juice, propel orange flavored water and any leftover orange juice. Taste and add a little icing sugar to sweeten if desired. Pour the fruit juice mixture over the bowl and serve on top with mint leaves as decoration.

Variation: Bananas and grapes are other good fruits you can use for this dessert, but always use orange as base and apples for its crisp texture and flavor. Apples and oranges are also available all year round anyway.

Flavored Panna Cotta



Serves: 4 to 6

Ingredients

2 ½ C Milk
2/3 c All Purpose Cream
1/3 c sugar
1 t Vanilla Extract
1 envelop Gelatin unflavored

For Toppings:

Fresh Fruits (mango, melon, strawberry or ube
or purple yam, fresh young coco sweetened)

1

Heat the 2 cups of milk and heavy cream together in a saucepan. Simmer and add the remaining ½ cup of milk and stir in the gelatin.

2

Turn off heat then add the vanilla and the milk .

3

Pour mixture into 6 dessert cups and put in chiller for at least 2-3 hours or longer. Add the toppings.



To Make the Toppings

1. Cook the strawberries and sugar in a pan over medium heat.
2. Let boil then simmer in 5 minutes by lowering heat.
3. Turn off the heat and allow to cool.

Dark Chocolate Truffle



Ingredients

Yield: 12 pcs (will depend
on size)

960 g dark chocolate

480 g butter

48 ml Heavy Cream

120 ml brandy, bourbon or liqueur

Dark Chocolate Truffle

Chocolate Truffle



1

Shred the chocolate and butter into small pieces and put in a metal bowl.

2

In a double boiler, boil the cream and immediately mix the chocolate and butter and stir until fully melted. Add the brandy. Place the ganache into a flat , ungreased pan and chill until firm.

3

Shape the ganache into balls using a melon ball cutter or use two spoons to shape. Fully Coat with sifted cocoa or confectioner sugar. You may also coat with a tempered chocolate using a dipping spoon and then coat with chopped toasted nuts or coat with candy sprinkles.

4

Store in the refrigerator (it can last for 7-10 days). Before serving, allow to soften by exposing these at room temperature.



This section on Teaser Baked Goodies Recipes were added as a TEASER for our next cookbook and thus some recipes will have the step-by-step while some will only feature the finished kitchen tested goodies. The complete visuals will be included in our next cookbook. Promise☺



Teaser Baked Goodies

Teaser Baked Goodies



Pandesal etc

Dinner roll

Cheese cake

Double chocolate muffin

Oatmeal bar

Mango / Orange Chiffon Cake

Pan de Sal

Serves: 24 pcs (small)

Ingredients

For the Yeast Mixture:

1 $\frac{1}{4}$ c water, lukewarm
2 T yeast, instant
1 T sugar



For the dough:

5 c All Purpose Flour
1 t salt
 $\frac{1}{2}$ c oil
 $\frac{1}{2}$ c sugar
1 egg (optional)
Herbs (optional)
Bread crumb for coating





1

Mix the yeast with the lukewarm water and rest for 10 minutes. In a separate bowl, combine all the dry ingredients.



2

Add the yeast mixture, oil and egg with the dry ingredients.



3

Knead until smooth and elastic. Add herbs during kneading if desired. Smear with oil on top and bottom of dough. Then put in a bowl. Let it rest until doubled in bulk. Cover with cloth.



Pan de Sal



4

Once dough has doubled, punch down and roll into a baston, cut into desired size and roll in bread crumbs.



5

Let rest for another 10 minutes. Place on baking sheet and let rise until size doubles.



6

Bake for 20 minutes or until golden brown.



Pan de Sal

Dinner roll



Ingredients

1k all purpose flour
560 g water
10 g yeast
80 g sugar
50 g shortening
40 g milk powder
15 g salt
50 g whole egg



1

Mix all ingredients using a wooden spoon or a rubber spatula. Mix the shortening last.



2

Knead until smooth. Put flour from time to time to ensure dough doesn't stick.



3

Put a little oil on the dough and let rest in the greased bowl for 20 minutes. Cover with cloth.



4

Grease the baking pan with butter or shortening.



5

Scale the dough into 30g per piece.



6

Roll the dough into small balls.



7

Preheat oven.

8

Prepare egg wash (egg plus water or milk) Brush the portioned dough with the egg wash then rest for 15 minutes.



9

Bake in 350 F until brown on top.



Cheese Cake

Yield : 12 pcs

Ingredients

1 ¼ c cake flour, sifted
1t baking powder
Pinch of salt
¼ c softened butter
¼ c white sugar
1t vanilla extract
2 eggs separated
½ c evaporated milk
¼ t cream of tartar
¼ c brown sugar
1 c brown sugar
1 c grated cheese



1

Prepare the batter.

Cream butter and brown sugar by using wooden spoon or the machine mixer. Add egg yolk once creamed. In another bowl, combine baking powder with the sifted flour then slowly add this to the creamed butter and sugar. Add next the powdered milk and the cheese. Set aside some of the cheese for toppings later.

Best result may be achieved when mixed using the electric machine mixer.

2

Prepare the butter meringue.

Pour the tartar in the egg white. Beat the egg white using the electric mixer. Add next the white sugar and butter. Mix until meringue texture is achieved (stiffy texture). Mix (cut and fold) the meringue with the batter.

3

Bake . Cool. Depan.

Preheat oven for 15 minutes. Grease baking pan with butter or oil. Put muffin paper cups then grease again. Pour in mixture (3/4 full) then top with grated cheese. Bake for 20 minutes at 350 F. Check doneness by sticking a toothpick (should be clear once pulled out) or press the surface , it should come back up). Let it cool then depan.

Double Chocolate Muffin

Serves: 4 to 6

Ingredients

240 g cake flour, sifted
20 g cocoa powder (benzdorf)
10 g baking powder
100 g white sugar
25 g brown sugar
3 g salt
25 g milk powder

100 g eggs (2 eggs)
100 g butter
190 g water or milk
10 g vanilla

75 g chocolate chips
Muffin paper cups



1

Mix all dry ingredients.

2

Beat eggs then mix with the dry ingredients. Add next the butter, evap or water. Stir and mix well.

3

Glaze the baking pan and the muffin wrapper with butter.

4

Pour batter in pan. Top with choco chips. Bake for 20-30 minutes at 350 F. Once done, cool then depan.

Mango / Orange Chiffon Cake

Ingredients

For the Batter Mixture:

250 g cake flour
15g baking powder
205 g white sugar
1/8 c oil
175 g mango or orange puree
4 pcs egg yolk

For the Meringue:

140 g white sugar
3 g cream of tartar
9 pcs egg white

For the Icing:

200 g confectioner sugar
1 bar/ 200g butter
2 T evaporated milk



1

Prepare the batter mixture.

1. Sift together the dry ingredients except the sugar. Set aside. Using a wire whisk, beat the egg yolks, oil and orange or mango puree flavoring to a stiff consistency. Add the sugar gradually and beat the mixture until thick. Mix and fold the dry ingredients into the egg yolk mixture using a wooden spoon. Set aside.
2. Prepare the meringue. Using an electric mixer or wire whisk, combine cream of tartar and the egg whites then beat briskly while gradually adding the sugar. Beat the egg whites to a stiff peak stage.
3. Mix the meringue into the egg yolk/cake flour by cutting and folding until well blended using a rubber scraper.
4. Prepare two round pan (select the proper size) by greasing with butter or oil and put wax liner. Pour the mixture into the pan then shake to remove air and prevent collapse of the cake dough.



Michele's very first practice designed cake for September 25th birthday of coincidentally both husband and wife Tong & Baby-Lyn.

2 Bake the cake.

5. Preheat oven at 275 to 350 F for 15 minutes. Bake the cake until done. Prick dough with a toothpick and if it nothing sticks on it then dough is done.
6. When cake dough is done, remove from oven, let cool. Depan using a spatula on the edges then remove cake dough from the pan by inverting it. Peel off the liner. Do the same for the second dough.



3 Prepare the icing.

7. Cream the butter, sugar and evaporated milk. Cream until mixture is smooth, without any more lumps and is almost white in color



4 Decorate the cake .

8. Once the cake dough has cooled down, decorate using piping tools. Spread icing on top of the first cake dough then layer the second cake dough. Spread icing all over. Decorate with some fruits or candied flowers as desired (you may buy ready-made candied flowers) based on the design you have in mind. Chill then serve.



Continuous experimentation will bring you soon enough to the level of design where you will be very happy ...Almost difficult to eat as you want to just ogle your pretty creations!

PARTING WORDS

Our Journey

Writing this book has been one joyous ride of learning, sharing and experimenting. I remember those times when I burned the egg or scorched my hand during cooking but it was all worth it. It has not been a one-shot effort but more of a slow process pretty much like poaching, simmering or baking your food. Slow-cooked but well-flavored or well-baked. So it is with this book.

The Secret in This Book is When You do Them!

As it is with life or any book for that matter, you can only get the most of it when you actually make the effort to live it or apply it. Have fun while you cook and think of it as a labor of love for your loved ones. It is all worth the effort as you will be giving them the head start for the day every time you prepare that hearty breakfast or energy booster within the day when you give them filling snacks. For the mothers, why not prepare hearty breakfast and filling snacks together with your kids, a sure fun way to bond with them. For the husbands who cook, why not surprise your wife and kids by

treating them with your labor of love breakfast or snack fares. It's really all about giving your family **HAPPY AND HEARTY** breakfast and snacks all the time☺

Watch Out for Our Other Books! This is by no means the end of our culinary journey. There are still a lot of recipes to conquer that in the near future we plan to write about. So watch out for them.

As for you, good luck to your culinary journey as well!

We invite you to write us and tell your home-cooking success stories. Write us at:

usfilqueux@gmail.com,
mommyqueux@gmail.com,
usqueux@gmail.com

Just remember not to allow problems push you to where you are going in life but instead be led by your dreams!

nota bene: In case you are very curious regarding the queueux in our email addresses, the word "queueux" (17th Century French word pronounced as in queue) is related to present day English word, "cook" and now very similar to present day word, "chef". (Source: Dornenburg , Andrew & Page, Karen (2003). Becoming a Chef. NJ, USA: John Wiley & Sons, Inc.)

End Notes

1. & 2. The various scholarly studies about nutrition were culled from the following sources:

Bakalar, N. (2011). Aging: Mediterranean Diet as Brain Food. NY Times, January 17, 2011.

On health benefits of bananas. Retrieved June 2, 2011 from <http://www.suite101.com/content/banana-nutrition--health-benefits-of-bananas-a222839>

Oelke, Jane. (2005). On Benefits of a variety of Fruits and Vegetables. Retrieved March 4, 2011 from <http://www.buildingbodies.ca/Nutrition/fruits-vegetables.shtml>

Perez, Rachel. (2011). Brain Boosters. Smart Parenting. January & February, 2011. Pages 102 -103.

Go, Grow, and Glow Foods (Mga Pagkain Pampalakas, Pampalusog at Pampasigla) by Prime Multi Quality Printing Corporation, Children's Illustrative Chart of Food, really good educational material for kids and cost only 10 pesos and being peddled along Session Road, Baguio City.

Seven Foods That Help You Think - Healthy Living on Shine from Yahoo by ThirdAge.com posted on Monday, October 3, 2011. Retrieved, October 5, 2011.)

3. Perez, Rachel. (2011). Brain Boosters. Smart Parenting. January & February, 2011. Pages 102 -103.

4. Foresman, Scott. (2007) Social Studies, Mediterranean Sea Region, March 24, 2007.

5. _____. (2011). Once Again Chocolate Found To Be Good For You. Retrieved August 31, 2011 from www.sfgate.com/cgiin/blogs/gurley/detail?entry_id=96424#ixzz1WZyVmegg. San Francisco Chronicle online August 31, 2011.

6. Tomson, Bill and Jargon, Julie. (2011). UNCLE SAM'S LATEST MENU DIETARY DISH SIMPLIFIES FOOD GUIDELINES PUSHES PYRAMID SCHEME OFF THE TABLE by US News. New York Times On line edition. June 3 2011 7:33 am PDT.

A Filipino Food Pyramid based on the Philippine Dietary Guidelines issued by the Food and Nutrition Research Institute, Department of Science and Technology states the following: Cereal, Rice, Pasta and Bread, 5 to 11 servings a day; Vegetables, 3 to 5 servings/ Fruits, 2 to 4 servings; Milk, yogurt and cheese, 2 to 3 servings; meat poultry, fish, dry beans, eggs and nuts, 2 to 3 servings; Fats and Sugars, use sparingly.

7. 5S concept is the mantra of the Japanese workers based on the various seminars Danny and I both got to attend in the past either from my UP MBA or Total Quality Management (TQM) courses which Danny attended at UP on the success of Japanese companies utilizing the 5S concept. We kind of adapted this important and powerful concept and made it to apply even to our personal lives since then.

8. Good kitchen practices (GKP) is a term we both come up lately to bundle everything that we learn thus far in the foodservice industry and the professional kitchen and something we find important to share with you. These are the culminations of the various learning we have been happily getting and the many experience(s) we have while happily cooking in both personal and professional kitchen(s). Our long food service experience(s) allowed us to literally – “live” these important details on food safety practices and you too can benefit from it.

Appendix

Brief Biographies of Michele Deogracias-Cruz, Pacita Rueda Cruz, & Danilo Rueda Cruz



Michele with Ollie

Michele worked for 18 years in the food industry having joined Chowking Food Corporation right after graduation and worked her way up to become the Training and Development Manager.



clutching her MBA degree

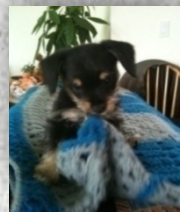
She finished both her MBA and undergraduate Business Administration degrees at UP Diliman. She loves cooking specially the baking type of food. She does now most of the cooking during breakfast and merienda.

Her favorite food are matambre, similar to morcon (roulade) and also chicken saltimbocca or literally in popular Italian cuisine “it (food)jumps to your mouth”.

Her other favorites are mechado, fish tausi with tofu, pork trotters in black beans and dineng-deng (Tagalog’s bulanglang and Ilonggo’s Laswa).



Ollie and Jr going gaga over their security blankets, like father-dog like son-dog....



She has been lately so busy doing a lot of marzipan cakes, pana cotta, chocolate truffles and many other foods while making finishing touches on our debut cookbooks.



Just to share with you the recipe of Chicken saltimbocca:

Chicken saltimbocca is a pan seared chicken breast with sage leaf and mozzarella inside, topped with prosciutto slice and pounded together. It is then seared on both sides with prosciutto down first and flipped over and served with an oozing sauce made from the sucs (caramelized browned meat bits) In the pan. These sucs are then deglazed with red wine, roux – mixed in butter, flour, and broth and reduced to a superb sauce. Chicken saltimbocca is served with sidings of garlicky pasta in olive oil and basil. She tried this with Spaghetti Putanesca featured on page 133, it was really good!



Michele loves too to play with Ollie and Jr, dad-dog and son-dog whenever she is on vacation in Daly City.

Note: Recipe for Chicken Saltimbocca adapted from Rouxbe, a video-based culinary school in Canada.

Michele with Baby-Lyn in downtown SFO with Ollie and Jr.



Michele after IN and OUT



Michele in downtown LA





Mommy Pacita with daughter-in-law, Baby-Lyn Abad Cruz and second to eldest son, Rey Cruz in a mall in Las Vegas, US

Pacita Rueda Cruz, is Danny's 78 year-old mom, who now resides with her second to the youngest offspring, Lito Cruz and wife, Baby-Lyn Abad Cruz at Daly City, just a stone throw away from beautiful and

unforgettable City of San Francisco. Married to the late Ilustre "Lut" Cruz, (esteemed and highly awarded member of the UP Sigma Rho Law Fraternity and with sons and daughters, saved for Danny, Gary and Tita followed his footsteps in Sigma Rho and its sister sorority the Delta Lamda Sigma).

Dad Ilustre was a retired supervising agent of the National Bureau of Investigation where he spent almost 30 long years of dedicated service. He will always be missed by his family. He died in 2005 in the US – after turning over his shiny and unblemished badge to the bureau sometime in 1995 and retired in the US with youngest daughter, Shielah in Las Vegas, Nevada.

Mommy Pacita, also, delighted with food and lodging in her home, most of the fraternity brothers and sisters of the UP Sigma Rho Fraternity earning for her the moniker, "mommy-sigma-rha".

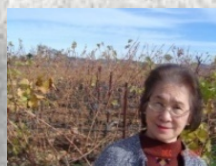
Now, Mommy Pacita, as she is fondly called by friends and family is very active and cares at present for great-grand daughter, Angelika (apo sa tuhod). She cares too, for a playful and mixed, 1-year-old schnauzer-papillion puppy by the name of Junior or JR; and JR's dad-dog named Ollie, an intelligent and huggable but sickly mini-schnauzer with many food allergies.



Mommy Pacita with Michele near Lake Tahoe



Lito Cruz and Baby-Lyn Abad-Cruz in the Grand Canyons



Mommy Pacita in a Napa Valley, California vineyards

Mommy Pacita is a sun, rain and soil wherever she goes (even to strangers in the bus station or at San Francisco's Borders Bookstore) having nurtured now-professionals sons and daughters – Edgardo (UP, MPA), Reynaldo (UP, Mining E.), Tita (Ateneo de Naga), Art (UP, Geology), Danny (UP, Philosophy & MFSA), Cynthia (UP, HRM), Tong (UP, BS Math/Philosophy) and Shielah (UP, BS SPED). She too, has a lot of doting grand sons and daughters – Angelique Vollmer; Brian and Patrick Cruz-Bloemen; Julian and Frances Roman; Chelsea Pacita Cruz; Maynard and RJ Cruz; Bem-Bem, Janice, Tin-Tin and Camille Cruz.



Mommy Pacita and Michele doing a cold and windy hike in San Bruno Mountain

She learned a lot about fine home-cooking from her own mother (Lola Doray) and mother-in law (Lola Espe), not to forget cooking seminars with famous Philippine culinary icon, Sylvia Reynoso and collection of cookbooks of writer and famous restaurateur, Nora Daza back in Manila.

She has taught the family and a lot of people, on how to cook superb Filipino dishes including Danny, ever since the latter was still in high school in Ateneo and Michelle, who whenever doubtful of any Filipino specialty dish would ask her. As such, this cook book is as much as though she wrote the book herself because most of the recipes here are hers or are imitations or renditions from her home culinary repertoire.



Mommy Pacita surveys the Grand Canyon in December, 2005 with youngest son, Lito in the background.



Awe-inspiring view of the Grand Canyons in Nevada

Danny is a frustrated Ph D. in Communication candidate with one subject and thesis to go at UP, not knowing whether to continue with his studies and do endless research or simply cook a sumptuous meal for his loved ones. He graduated from UP (not) a long time ago, with a Masters in Foodservice Administration and an undergrad degree in AB Philosophy.



Danny visiting the American Astronomical Wall of Fame

Mommy Pacita in a Napa Valley, California vineyards



Both Danny and Michelle are now dreaming of their next culinary adventure of writing cookbook with the rest of Filipino dishes they failed to include in their debut cookbook, the likes of dinuguan, pochero and believe it or not a chance at cooking a whole pig, nay, just a 12 lbs. (roughly, 5.4 kilos) suckling pig will do, big enough we both guessed to fit in a somewhat humongous oven. Currently, they are on the lookout or doing canvassing for that huge oven to cook a lechon de leche (Filipino roasted suckling pig) unmindful of the cost of such oven.

Lately, Danny and Michele together are trying to master the art of Italian and other classical cooking. Michele, lately too have been busy attending short seminars on baking and pastry making.

Meanwhile, Danny is kind of busy curtain closing on his part-time teaching of 50 HRM students of a fine university in Baguio City on Quantity and Quality Food Production and Service (or typical fine dining's table d' hote* operation).



Michele in downtown LA



Michele & Danny at Jollibee SFO

*According to WordWeb 2009 I-Phone Application -- Table d' hote is a menu offering of a complete meal with limited choices at a fixed price).

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We invite you to write us and tell your home-cooking success stories. Write us at:

usfilqueux@gmail.com, mommyqueux@gmail.com,
usqueux@gmail.com

Just remember not to allow problems push you to where you are going in life but instead to be led by your dreams!

Our first début cookbook, MOMS AND LOLAS' CULINARY GIFTS TO THEIR SONS, DAUGHTERS & GRANDCHILDREN: A VISUAL STEP-BY-STEP HOME-COOKING OF CONTEMPORARY DISHES FILIPINOS LOVE TO EAT



Moms and Lolas' Culinary
Gifts to Their Sons,
Daughters & Grandchildren

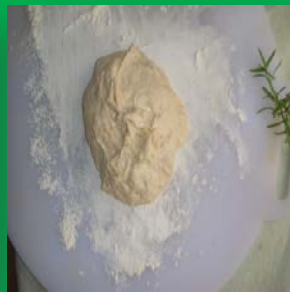
EXCERPTS:

"This is mom and lola's culinary gift - passing on to new generations the love for food and the joys of cooking. The many cooking sessions and recipes mom did for the family are all here, including those of our grandparents. This gift came from them and we are passing them on to you, cooking enthusiasts. Hoping you pass it onto your kids as well!

THIS DEBUT COOKBOOK IS ALSO ABOUT THE BEAUTIFUL CITY OF BAGUIO---
"Baguio is many things to a lot of people but for us it will always be the Baguio vegetables, the place to home-cook chop-suey and stir-fried beef with broccoli and other Filipino dishes or cuisine. ...

Looking forward Enjoy reading our visual step-by-step cookbooks.
STAY WITH US! GOD BLESS!





This book is like having us by your side guiding you while doing home-cooking. Clear, easy, step-by-step photos and procedures or instructions allow you to follow each cooking step all the way as you create those magnificent dishes from assembly to cooking up to perfecting those fine dishes. Add to this are the various tips and good kitchen practices thrown in to complete your kitchen experience. Thus, making your cooking not only effortless but very systematic, organized, and always a source of joy and pleasure of daily living. It does not matter whether you are just a beginner, or a more experienced home-cook or someone in between for as long as you have the enthusiasm and the passion for home-cooking and you have a guide such as this cookbook, you will be able to cook wonderful dishes for your family and loved ones. Enjoy those happy, hearty breakfast and snacks anytime!

